

African Powerlifting Federation

Record Certificate

This is to certify that

Steven Coleman

Of the nation

South Africa

On the 6th day of July 2024
achieved a Bench Press of 122,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

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

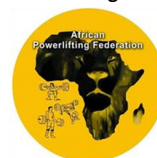
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Chante Mulder

Of the nation

South Africa

On the 13th day of July 2024
achieved a Bench Press of 92,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

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

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Chante Mulder

Of the nation

South Africa

On the 13th day of July 2024
achieved a Bench Press of 92,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

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

Dated this 13th day of July 2024



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 6th day of July 2024
achieved a Bench Press of 80kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

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

Dated this 13th day of July 2024



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 6th day of July 2024
achieved a Bench Press of 80kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

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

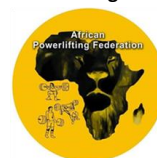
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation Record Certificate

This is to certify that

Heather Leighton

Of the nation

South Africa

On the 7th day of July 2024
achieved a Bench Press of 67,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -69kg weight division, Equipped Women's Master 3 Bench Press
Only class.

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation Record Certificate

This is to certify that

Heather Leighton

Of the nation

South Africa

On the 7th day of July 2024
achieved a Bench Press of 67,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -69kg weight division, Equipped Women's Master 2 Bench Press
Only class.

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Heather Leighton

Of the nation

South Africa

On the 7th day of July 2024
achieved a Bench Press of 67,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -69kg weight division, Equipped Women's Master 1 Bench Press
Only class.

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Simon Breetkze

Of the nation

South Africa

On the 6th day of July 2024
achieved a Bench Press of 282,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

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

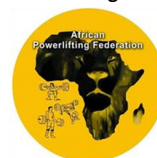
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Ferde Botha

Of the nation

South Africa

On the 6th day of July 2024
achieved a Bench Press of 105kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

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

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Ferde Botha

Of the nation

South Africa

On the 6th day of July 2024
achieved a Bench Press of 105kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

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

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Ferde Botha

Of the nation

South Africa

On the 6th day of July 2024
achieved a Bench Press of 105kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

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

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Mijuane de Wet

Of the nation

South Africa

On the 13th day of July 2024
achieved a Bench Press of 72,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

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

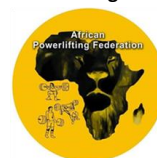
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Mijuane de Wet

Of the nation

South Africa

On the 13th day of July 2024
achieved a Bench Press of 72,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

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

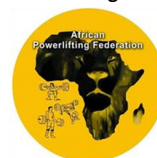
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Simone van der Merwe

Of the nation

South Africa

On the 13th day of July 2024
achieved a Bench Press of 60kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

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

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Eduard Retief

Of the nation

South Africa

On the 13th day of July 2024
achieved a Bench Press of 155kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

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

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Eduard Retief

Of the nation

South Africa

On the 13th day of July 2024
achieved a Bench Press of 155kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

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

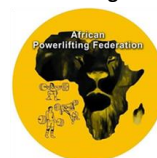
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Scott Pornss

Of the nation

South Africa

On the 13th day of July 2024
achieved a Bench Press of 160kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

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

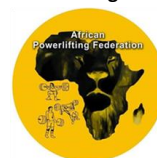
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Scott Pornss

Of the nation

South Africa

On the 13th day of July 2024
achieved a Bench Press of 160kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -74kg weight division, Classic Men's Open Bench Press Only class.
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Avishai Eilim

Of the nation

South Africa

On the 13th day of July 2024
achieved a Bench Press of 160kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

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

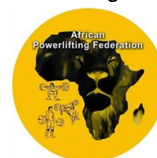
Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Bench Press of 37,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -52kg weight division, Classic Women's Master 2 Bench Press
Only class.

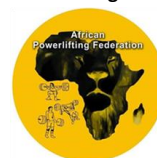
Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Bench Press of 95kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

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

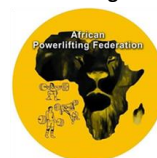
Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Bench Press of 95kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

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

Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Bench Press of 147,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -93kg weight division, Classic Men's Master 3 Bench Press Only
class.

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Sasha Gadney

Of the nation

South Africa

On the 13th day of July 2024
achieved a Bench Press of 100kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

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

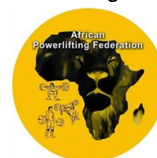
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Marina van der Linde

Of the nation

South Africa

On the 13th day of July 2024
achieved a Bench Press of 100kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

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

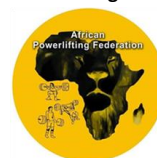
Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Bench Press of 100kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

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

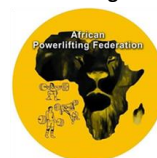
Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Bench Press of 167,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

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

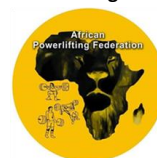
Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Bench Press of 167,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -83kg weight division, Equipped Men's Master 2 Bench Press
Only class.

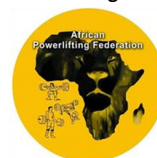
Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Bench Press of 167,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -83kg weight division, Equipped Men's Master 1 Bench Press
Only class.

Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Bench Press of 167,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

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

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Alex Collocott

Of the nation

South Africa

On the 13th day of July 2024
achieved a Bench Press of 127,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

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

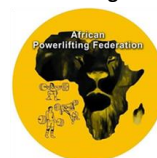
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Alex Collocott

Of the nation

South Africa

On the 13th day of July 2024
achieved a Bench Press of 127,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

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

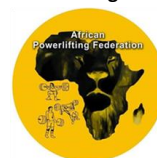
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Carol Anthony

Of the nation

South Africa

On the 13th day of July 2024
achieved a Bench Press of 55kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -57kg weight division, Equipped Women's Master 2 Bench Press
Only class.

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Carol Anthony

Of the nation

South Africa

On the 13th day of July 2024
achieved a Bench Press of 55kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -57kg weight division, Equipped Women's Master 1 Bench Press
Only class.

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Carol Anthony

Of the nation

South Africa

On the 13th day of July 2024
achieved a Bench Press of 55kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -57kg weight division, Equipped Women's Open Bench Press Only
class.

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Marieke van Linge

Of the nation

South Africa

On the 13th day of July 2024
achieved a Bench Press of 47,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -63kg weight division, Equipped Women's Master 2 Bench Press
Only class.

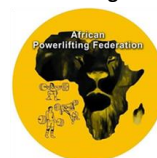
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Marieke van Linge

Of the nation

South Africa

On the 13th day of July 2024
achieved a Bench Press of 47,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

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

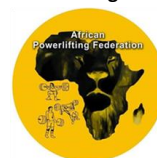
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Mijuane de Wet

Of the nation

South Africa

On the 13th day of July 2024
achieved a Squat of 145kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -63kg weight division, Classic Women's Subjunior class.
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Mijuane de Wet

Of the nation

South Africa

On the 13th day of July 2024
achieved a Bench Press of 72,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

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

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Mijuane de Wet

Of the nation

South Africa

On the 13th day of July 2024
achieved a Deadlift of 172,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

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

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Mijuane de Wet

Of the nation

South Africa

On the 13th day of July 2024
achieved a Total of 390kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

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

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Mijuane de Wet

Of the nation

South Africa

On the 13th day of July 2024
achieved a Squat of 145kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -63kg weight division, Classic Women's Junior class.

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Mijuane de Wet

Of the nation

South Africa

On the 13th day of July 2024
achieved a Bench Press of 72,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -63kg weight division, Classic Women's Junior class.

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Mijuane de Wet

Of the nation

South Africa

On the 13th day of July 2024
achieved a Deadlift of 172,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -63kg weight division, Classic Women's Junior class.

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Mijuane de Wet

Of the nation

South Africa

On the 13th day of July 2024
achieved a Total of 390kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -63kg weight division, Classic Women's Junior class.

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Roechelle van der Merwe

Of the nation

South Africa

On the 13th day of July 2024
achieved a Squat of 142,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -76kg weight division, Classic Women's Subjunior class.

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Simone van der Merwe

Of the nation

South Africa

On the 13th day of July 2024
achieved a Squat of 130kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the 84+kg weight division, Classic Women's Subjunior class.

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Simone van der Merwe

Of the nation

South Africa

On the 13th day of July 2024
achieved a Bench Press of 60kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the 84+kg weight division, Classic Women's Subjunior class.

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Simone van der Merwe

Of the nation

South Africa

On the 13th day of July 2024
achieved a Deadlift of 140kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the 84+kg weight division, Classic Women's Subjunior class.

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Simone van der Merwe

Of the nation

South Africa

On the 13th day of July 2024
achieved a Total of 330kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the 84+kg weight division, Classic Women's Subjunior class.

Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Squat of 85kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -52kg weight division, Classic Women's Master 2 class.
Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Bench Press of 37,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -52kg weight division, Classic Women's Master 2 class.
Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Total of 237,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -52kg weight division, Classic Women's Master 2 class.
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Rosan van Wyngaard

Of the nation

South Africa

On the 13th day of July 2024
achieved a Deadlift of 155kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -57kg weight division, Classic Women's Open class.
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Sasha Gadney

Of the nation

South Africa

On the 13th day of July 2024
achieved a Bench Press of 100kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -69kg weight division, Classic Women's Open class.
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Sasha Gadney

Of the nation

South Africa

On the 13th day of July 2024
achieved a Total of 420kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -69kg weight division, Classic Women's Open class.
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Marina van der Linde

Of the nation

South Africa

On the 13th day of July 2024
achieved a Squat of 180kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the 84+kg weight division, Classic Women's Master 1 class.
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Marina van der Linde

Of the nation

South Africa

On the 13th day of July 2024
achieved a Bench Press of 100kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the 84+kg weight division, Classic Women's Master 1 class.
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Marina van der Linde

Of the nation

South Africa

On the 13th day of July 2024
achieved a Deadlift of 205kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the 84+kg weight division, Classic Women's Master 1 class.
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Marina van der Linde

Of the nation

South Africa

On the 13th day of July 2024
achieved a Total of 485kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the 84+kg weight division, Classic Women's Master 1 class.
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Samuel Meshilinie

Of the nation

South Africa

On the 13th day of July 2024
achieved a Squat of 105kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -53kg weight division, Classic Men's Subjunior class.

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Samuel Meshilinie

Of the nation

South Africa

On the 13th day of July 2024
achieved a Bench Press of 75kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -53kg weight division, Classic Men's Subjunior class.

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Samuel Meshilinie

Of the nation

South Africa

On the 13th day of July 2024
achieved a Deadlift of 150kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -53kg weight division, Classic Men's Subjunior class.

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Samuel Meshilinie

Of the nation

South Africa

On the 13th day of July 2024
achieved a Total of 330kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -53kg weight division, Classic Men's Subjunior class.

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Samuel Meshilinie

Of the nation

South Africa

On the 13th day of July 2024
achieved a Squat of 105kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -53kg weight division, Classic Men's Junior class.

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Samuel Meshilinie

Of the nation

South Africa

On the 13th day of July 2024
achieved a Bench Press of 75kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -53kg weight division, Classic Men's Junior class.

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Samuel Meshilinie

Of the nation

South Africa

On the 13th day of July 2024
achieved a Deadlift of 150kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -53kg weight division, Classic Men's Junior class.

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Samuel Meshilinie

Of the nation

South Africa

On the 13th day of July 2024
achieved a Total of 330kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -53kg weight division, Classic Men's Junior class.

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Eduard Retief

Of the nation

South Africa

On the 13th day of July 2024
achieved a Bench Press of 155kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -93kg weight division, Classic Men's Subjunior class.

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Eduard Retief

Of the nation

South Africa

On the 13th day of July 2024
achieved a Bench Press of 155kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -93kg weight division, Classic Men's Junior class.

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Scott Pornss

Of the nation

South Africa

On the 13th day of July 2024
achieved a Bench Press of 160kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -74kg weight division, Classic Men's Junior class.

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Scott Pornss

Of the nation

South Africa

On the 13th day of July 2024
achieved a Deadlift of 285kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -74kg weight division, Classic Men's Junior class.

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Scott Pornss

Of the nation

South Africa

On the 13th day of July 2024
achieved a Total of 665kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -74kg weight division, Classic Men's Junior class.

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Avishai Eilim

Of the nation

South Africa

On the 13th day of July 2024
achieved a Bench Press of 160kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -83kg weight division, Classic Men's Junior class.

Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Bench Press of 135kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -83kg weight division, Classic Men's Master 4 class.
Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Bench Press of 95kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

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

Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Bench Press of 180kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -83kg weight division, Classic Men's Master 4 class.
Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Bench Press of 410kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

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

Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Bench Press of 135kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -83kg weight division, Classic Men's Master 3 class.
Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Bench Press of 95kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -83kg weight division, Classic Men's Master 3 class.
Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Bench Press of 180kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -83kg weight division, Classic Men's Master 3 class.
Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Bench Press of 410kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -83kg weight division, Classic Men's Master 3 class.
Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Bench Press of 147,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -93kg weight division, Classic Men's Master 3 class.
Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Bench Press of 152,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

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

Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Total of 637,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

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

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Denis Bensch

Of the nation

South Africa

On the 13th day of July 2024
achieved a Squat of 242,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

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

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Pieter Schoeman

Of the nation

South Africa

On the 13th day of July 2024
achieved a Squat of 225kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

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

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Pieter Schoeman

Of the nation

South Africa

On the 13th day of July 2024
achieved a Bench Press of 155kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the 120+kg weight division, Classic Men's Master 2 class.
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Pieter Schoeman

Of the nation

South Africa

On the 13th day of July 2024
achieved a Total of 610kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the 120+kg weight division, Classic Men's Master 2 class.
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Carol Anthony

Of the nation

South Africa

On the 13th day of July 2024
achieved a Squat of 117,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -57kg weight division, Equipped Women's Master 2 class.
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Carol Anthony

Of the nation

South Africa

On the 13th day of July 2024
achieved a Bench Press of 117,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -57kg weight division, Equipped Women's Master 2 class.
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Carol Anthony

Of the nation

South Africa

On the 13th day of July 2024
achieved a Deadlift of 117,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -57kg weight division, Equipped Women's Master 2 class.
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Carol Anthony

Of the nation

South Africa

On the 13th day of July 2024
achieved a Total of 117,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -57kg weight division, Equipped Women's Master 2 class.
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Carol Anthony

Of the nation

South Africa

On the 13th day of July 2024
achieved a Squat of 117,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -57kg weight division, Equipped Women's Master 1 class.
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Carol Anthony

Of the nation

South Africa

On the 13th day of July 2024
achieved a Bench Press of 117,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -57kg weight division, Equipped Women's Master 1 class.
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Carol Anthony

Of the nation

South Africa

On the 13th day of July 2024
achieved a Deadlift of 117,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -57kg weight division, Equipped Women's Master 1 class.
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Carol Anthony

Of the nation

South Africa

On the 13th day of July 2024
achieved a Total of 117,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -57kg weight division, Equipped Women's Master 1 class.
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Carol Anthony

Of the nation

South Africa

On the 13th day of July 2024
achieved a Squat of 117,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -57kg weight division, Equipped Women's Open class.

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Carol Anthony

Of the nation

South Africa

On the 13th day of July 2024
achieved a Bench Press of 117,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -57kg weight division, Equipped Women's Open class.

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Carol Anthony

Of the nation

South Africa

On the 13th day of July 2024
achieved a Deadlift of 117,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -57kg weight division, Equipped Women's Open class.

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Carol Anthony

Of the nation

South Africa

On the 13th day of July 2024
achieved a Total of 117,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -57kg weight division, Equipped Women's Open class.

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Marieke van Linge

Of the nation

South Africa

On the 13th day of July 2024
achieved a Squat of 125kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -63kg weight division, Equipped Women's Master 2 class.
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Marieke van Linge

Of the nation

South Africa

On the 13th day of July 2024
achieved a Bench Press of 47,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -63kg weight division, Equipped Women's Master 2 class.
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Marieke van Linge

Of the nation

South Africa

On the 13th day of July 2024
achieved a Deadlift of 140kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -63kg weight division, Equipped Women's Master 2 class.
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Marieke van Linge

Of the nation

South Africa

On the 13th day of July 2024
achieved a Total of 312,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -63kg weight division, Equipped Women's Master 2 class.
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Marieke van Linge

Of the nation

South Africa

On the 13th day of July 2024
achieved a Squat of 125kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -63kg weight division, Equipped Women's Master 1 class.
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Marieke van Linge

Of the nation

South Africa

On the 13th day of July 2024
achieved a Bench Press of 47,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -63kg weight division, Equipped Women's Master 1 class.
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Marieke van Linge

Of the nation

South Africa

On the 13th day of July 2024
achieved a Deadlift of 140kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -63kg weight division, Equipped Women's Master 1 class.
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Marieke van Linge

Of the nation

South Africa

On the 13th day of July 2024
achieved a Total of 312,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -63kg weight division, Equipped Women's Master 1 class.
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Chante Mulder

Of the nation

South Africa

On the 13th day of July 2024
achieved a Squat of 145kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -69kg weight division, Equipped Women's Subjunior class.
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Chante Mulder

Of the nation

South Africa

On the 13th day of July 2024
achieved a Bench Press of 92,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -69kg weight division, Equipped Women's Subjunior class.
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Chante Mulder

Of the nation

South Africa

On the 13th day of July 2024
achieved a Deadlift of 142,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -69kg weight division, Equipped Women's Subjunior class.
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Chante Mulder

Of the nation

South Africa

On the 13th day of July 2024
achieved a Total of 380kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -69kg weight division, Equipped Women's Subjunior class.
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Chante Mulder

Of the nation

South Africa

On the 13th day of July 2024
achieved a Squat of 145kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -69kg weight division, Equipped Women's Junior class.
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Chante Mulder

Of the nation

South Africa

On the 13th day of July 2024
achieved a Bench Press of 92,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -69kg weight division, Equipped Women's Junior class.
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Chante Mulder

Of the nation

South Africa

On the 13th day of July 2024
achieved a Deadlift of 142,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -69kg weight division, Equipped Women's Junior class.
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Chante Mulder

Of the nation

South Africa

On the 13th day of July 2024
achieved a Total of 380kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -69kg weight division, Equipped Women's Junior class.
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Chante Mulder

Of the nation

South Africa

On the 13th day of July 2024
achieved a Squat of 145kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

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

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Chante Mulder

Of the nation

South Africa

On the 13th day of July 2024
achieved a Bench Press of 92,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

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

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Chante Mulder

Of the nation

South Africa

On the 13th day of July 2024
achieved a Deadlift of 142,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -69kg weight division, Equipped Women's Open class.
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Chante Mulder

Of the nation

South Africa

On the 13th day of July 2024
achieved a Total of 380kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

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

Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Bench Press of 77,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -76kg weight division, Equipped Women's Subjunior class.
Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Bench Press of 77,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -76kg weight division, Equipped Women's Junior class.
Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Squat of 155kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -83kg weight division, Equipped Men's Master 4 class.
Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Bench Press of 100kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -83kg weight division, Equipped Men's Master 4 class.
Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Deadlift of 170kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -83kg weight division, Equipped Men's Master 4 class.
Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Total of 425kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

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

Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Squat of 155kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -83kg weight division, Equipped Men's Master 3 class.
Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Deadlift of 170kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -83kg weight division, Equipped Men's Master 3 class.
Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Squat of 155kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -83kg weight division, Equipped Men's Master 2 class.
Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Deadlift of 170kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -83kg weight division, Equipped Men's Master 2 class.

Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Squat of 155kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -83kg weight division, Equipped Men's Master 1 class.
Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Deadlift of 170kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -83kg weight division, Equipped Men's Master 1 class.
Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Squat of 155kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -83kg weight division, Equipped Men's Open class.

Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Deadlift of 170kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -83kg weight division, Equipped Men's Open class.

Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Bench Press of 167,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -83kg weight division, Equipped Men's Master 3 class.
Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Total of 482,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -83kg weight division, Equipped Men's Master 3 class.
Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Bench Press of 167,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -83kg weight division, Equipped Men's Master 2 class.

Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Total of 482,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -83kg weight division, Equipped Men's Master 2 class.

Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Bench Press of 167,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -83kg weight division, Equipped Men's Master 1 class.
Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Total of 482,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -83kg weight division, Equipped Men's Master 1 class.
Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Bench Press of 167,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -83kg weight division, Equipped Men's Open class.

Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Total of 482,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -83kg weight division, Equipped Men's Open class.

Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Squat of 200kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -120kg weight division, Equipped Men's Master 2 class.
Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Bench Press of 170kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -120kg weight division, Equipped Men's Master 2 class.
Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Deadlift of 270kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -120kg weight division, Equipped Men's Master 2 class.
Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Total of 640kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -120kg weight division, Equipped Men's Master 2 class.
Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Squat of 200kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -120kg weight division, Equipped Men's Master 1 class.
Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Bench Press of 170kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -120kg weight division, Equipped Men's Master 1 class.
Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Deadlift of 270kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -120kg weight division, Equipped Men's Master 1 class.
Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Total of 640kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -120kg weight division, Equipped Men's Master 1 class.
Dated this 13th day of July 2024



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 13th day of July 2024
achieved a Bench Press of 170kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

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

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Alex Collocott

Of the nation

South Africa

On the 13th day of July 2024
achieved a Squat of 170kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -74kg weight division, Equipped Men's Subjunior class.
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Alex Collocott

Of the nation

South Africa

On the 13th day of July 2024
achieved a Bench Press of 127,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -74kg weight division, Equipped Men's Subjunior class.
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Alex Collocott

Of the nation

South Africa

On the 13th day of July 2024
achieved a Deadlift of 180kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -74kg weight division, Equipped Men's Subjunior class.
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Alex Collocott

Of the nation

South Africa

On the 13th day of July 2024
achieved a Total of 477,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -74kg weight division, Equipped Men's Subjunior class.
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Alex Collocott

Of the nation

South Africa

On the 13th day of July 2024
achieved a Squat of 170kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -74kg weight division, Equipped Men's Junior class.
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Alex Collocott

Of the nation

South Africa

On the 13th day of July 2024
achieved a Bench Press of 127,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -74kg weight division, Equipped Men's Junior class.
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Alex Collocott

Of the nation

South Africa

On the 13th day of July 2024
achieved a Deadlift of 180kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -74kg weight division, Equipped Men's Junior class.
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Alex Collocott

Of the nation

South Africa

On the 13th day of July 2024
achieved a Total of 477,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -74kg weight division, Equipped Men's Junior class.
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Alex Collocott

Of the nation

South Africa

On the 13th day of July 2024
achieved a Squat of 170kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -74kg weight division, Equipped Men's Open class.
Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Alex Collocott

Of the nation

South Africa

On the 13th day of July 2024
achieved a Bench Press of 127,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

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

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Alex Collocott

Of the nation

South Africa

On the 13th day of July 2024
achieved a Deadlift of 180kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

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

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Alex Collocott

Of the nation

South Africa

On the 13th day of July 2024
achieved a Total of 477,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

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

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Haroun Pietersen

Of the nation

South Africa

On the 13th day of July 2024
achieved a Squat of 297,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -105kg weight division, Equipped Men's Open class.

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Haroun Pietersen

Of the nation

South Africa

On the 13th day of July 2024
achieved a Bench Press of 202,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -105kg weight division, Equipped Men's Open class.

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Haroun Pietersen

Of the nation

South Africa

On the 13th day of July 2024
achieved a Deadlift of 275kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -105kg weight division, Equipped Men's Open class.

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Haroun Pietersen

Of the nation

South Africa

On the 13th day of July 2024
achieved a Total of 775kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -105kg weight division, Equipped Men's Open class.
Dated this 13th day of July 2024



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 6th day of July 2024
achieved a Bench Press of 235kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 Asia Pacific Africa Powerlifting and Bench Press
Championships
in Potchefstroom, South Africa

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

Dated this 13th day of July 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

