

# African Powerlifting Federation

## Record Certificate

This is to certify that

**Nicole Hasell**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Squat of 125kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

This constitutes an African Record  
in the -57kg weight division, Classic Women's Open class.  
Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Mijuane de Wet**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Bench Press of 85kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

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

Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Roechelle van der Merwe**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Total of 377,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

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

Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Roechelle van der Merwe**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Deadlift of 170kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

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

Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Roechelle van der Merwe**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Bench Press of 72,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

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

Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Nicole Hasell**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Squat of 125kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

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

Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Nicole Hasell**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Bench Press of 67,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

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

Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Roechelle van der Merwe**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Bench Press of 72,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

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

Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Nicole Hasell**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Total of 332,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

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

Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Roechelle van der Merwe**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Squat of 135kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

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

Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Nicole Hasell**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Bench Press of 67,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

This constitutes an African Record  
in the -57kg weight division, Classic Women's Open class.  
Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Nicole Hasell**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Deadlift of 140kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

This constitutes an African Record  
in the -57kg weight division, Classic Women's Open class.  
Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Nicole Hasell**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Total of 332,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

This constitutes an African Record  
in the -57kg weight division, Classic Women's Open class.  
Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Nicole Hasell**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Bench Press of 67,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

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

Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Nicole Hasell**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Bench Press of 67,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

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

Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Justin Furman**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Squat of 315kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

This constitutes an African Record  
in the -120kg weight division, Equipped Men's Open class.  
Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

# African Powerlifting Federation

## Record Certificate

This is to certify that

**Nicole Hasell**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Deadlift of 140kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

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

Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Ethan Nel**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Bench Press of 117,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

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

Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Justin Furman**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Bench Press of 167,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

This constitutes an African Record  
in the -120kg weight division, Equipped Men's Open class.  
Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Justin Furman**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Deadlift of 305kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

This constitutes an African Record  
in the -120kg weight division, Equipped Men's Open class.  
Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Justin Furman**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Total of 787,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

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

Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Justin Furman**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Squat of 315kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

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

Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Justin Furman**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Bench Press of 167,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

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

Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

# African Powerlifting Federation Record Certificate

This is to certify that

**Justin Furman**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Deadlift of 305kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

This constitutes an African Record  
in the -120kg weight division, Equipped Men's Junior class.  
Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

# African Powerlifting Federation

## Record Certificate

This is to certify that

**Roechelle van der Merwe**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Deadlift of 170kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

This constitutes an African Record  
in the -76kg weight division, Classic Women's Subjunior class.  
Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Justin Furman**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Bench Press of 167,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

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

Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Mijuane de Wet**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Squat of 170kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

This constitutes an African Record  
in the -63kg weight division, Equipped Women's Junior class.  
Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Ethan Nel**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Bench Press of 117,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

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

Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Grace Roberts**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Squat of 90kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

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

Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Grace Roberts**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Bench Press of 50kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

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

Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Grace Roberts**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Deadlift of 112,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

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

Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Grace Roberts**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Total of 252,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

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

Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Catinka Fourie**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Bench Press of 50kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

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

Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Justin Furman**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Total of 787,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

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

Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Anika Maree**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Deadlift of 135kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

This constitutes an African Record  
in the -76kg weight division, Equipped Women's Subjunior class.  
Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Mijuane de Wet**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Bench Press of 85kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

This constitutes an African Record  
in the -63kg weight division, Equipped Women's Subjunior class.  
Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Chante Mulder**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Bench Press of 85kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

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

Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Chante Mulder**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Deadlift of 135kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

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



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Chante Mulder**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Total of 350kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

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

Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Chante Mulder**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Bench Press of 85kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

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

Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Chante Mulder**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Bench Press of 85kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

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

Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Chante Mulder**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Total of 350kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

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



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

# African Powerlifting Federation

## Record Certificate

This is to certify that

**Anika Maree**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Bench Press of 72,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

This constitutes an African Record  
in the -76kg weight division, Equipped Women's Subjunior class.  
Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

# African Powerlifting Federation Record Certificate

This is to certify that

**Chante Mulder**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Deadlift of 135kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

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



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Anika Maree**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Total of 352,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

This constitutes an African Record  
in the -76kg weight division, Equipped Women's Subjunior class.  
Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

# African Powerlifting Federation

## Record Certificate

This is to certify that

**Anika Maree**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Squat of 145kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

This constitutes an African Record  
in the -76kg weight division, Equipped Women's Junior class.  
Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Anika Maree**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Bench Press of 72,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

This constitutes an African Record  
in the -76kg weight division, Equipped Women's Junior class.  
Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

# African Powerlifting Federation Record Certificate

This is to certify that

**Anika Maree**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Deadlift of 135kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

This constitutes an African Record  
in the -76kg weight division, Equipped Women's Junior class.  
Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Anika Maree**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Total of 352,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

This constitutes an African Record  
in the -76kg weight division, Equipped Women's Junior class.  
Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

# African Powerlifting Federation Record Certificate

This is to certify that

**Anika Maree**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Bench Press of 72,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

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

Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Anika Maree**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Squat of 145kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

This constitutes an African Record  
in the -76kg weight division, Equipped Women's Subjunior class.  
Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Mijuane de Wet**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Bench Press of 85kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

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

Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Mijuane de Wet**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Bench Press of 85kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

This constitutes an African Record  
in the -63kg weight division, Equipped Women's Junior class.  
Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Mijuane de Wet**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Deadlift of 160kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

This constitutes an African Record  
in the -63kg weight division, Equipped Women's Junior class.  
Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Mijuane de Wet**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Total of 415kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

This constitutes an African Record  
in the -63kg weight division, Equipped Women's Junior class.  
Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Mijuane de Wet**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Squat of 170kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

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

Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Mijuane de Wet**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Bench Press of 85kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

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

Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Mijuane de Wet**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Deadlift of 160kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

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

Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Chante Mulder**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Squat of 130kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

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

Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Mijuane de Wet**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Bench Press of 85kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

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

Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Anika Maree**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Bench Press of 72,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

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

Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Chante Mulder**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Squat of 130kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

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



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Chante Mulder**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Bench Press of 85kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

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



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

# African Powerlifting Federation

## Record Certificate

This is to certify that

**Chante Mulder**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Deadlift of 135kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

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



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Chante Mulder**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Total of 350kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

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



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Chante Mulder**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Squat of 130kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

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



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Chante Mulder**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Bench Press of 85kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

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



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Mijuane de Wet**

Of the nation

**South Africa**

On the 3rd day of September 2023  
achieved a Total of 415kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2023 World Subjunior and Junior Powerlifting Championships  
in Cluj-Napoca, Romania

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

Dated this 3rd day of September 2023



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

