

African Powerlifting Federation Record Certificate

This is to certify that

Safia Kouri

Of the nation

Algeria

On the 1st day of November 2024
achieved a Deadlift of 186kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 African Powerlifting and Bench Press Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -63kg weight division, Classic Women's Open class.
Dated this 2nd day of November 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

African Powerlifting Federation Record Certificate

This is to certify that

Safia Kouri

Of the nation

Algeria

On the 1st day of November 2024
achieved a Total of 416kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 African Powerlifting and Bench Press Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -63kg weight division, Classic Women's Open class.
Dated this 2nd day of November 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

African Powerlifting Federation Record Certificate

This is to certify that

Safia Kouri

Of the nation

Algeria

On the 1st day of November 2024
achieved a Squat of 157,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 African Powerlifting and Bench Press Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -63kg weight division, Classic Women's Master 2 class.
Dated this 2nd day of November 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Safia Kouri

Of the nation

Algeria

On the 1st day of November 2024
achieved a Bench Press of 72,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 African Powerlifting and Bench Press Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -63kg weight division, Classic Women's Master 2 class.
Dated this 2nd day of November 2024



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Safia Kouri

Of the nation

Algeria

On the 1st day of November 2024
achieved a Deadlift of 186kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 African Powerlifting and Bench Press Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -63kg weight division, Classic Women's Master 2 class.
Dated this 2nd day of November 2024



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Safia Kouri

Of the nation

Algeria

On the 1st day of November 2024
achieved a Total of 416kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 African Powerlifting and Bench Press Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -63kg weight division, Classic Women's Master 2 class.
Dated this 2nd day of November 2024



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Safia Kouri

Of the nation

Algeria

On the 1st day of November 2024
achieved a Bench Press of 72,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 African Powerlifting and Bench Press Championships
in Potchefstroom, South Africa

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

Dated this 2nd day of November 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Ilyes Bentalha

Of the nation

Algeria

On the 2nd day of November 2024
achieved a Squat of 335kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 African Powerlifting and Bench Press Championships
in Potchefstroom, South Africa

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

Dated this 2nd day of November 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation Record Certificate

This is to certify that

Ayoub Amrouch

Of the nation

Algeria

On the 2nd day of November 2024
achieved a Squat of 125kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 African 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 2nd day of November 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Ayoub Amrouch

Of the nation

Algeria

On the 2nd day of November 2024
achieved a Bench Press of 125kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 African 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 2nd day of November 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

African Powerlifting Federation Record Certificate

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Ayoub Amrouch

Of the nation

Algeria

On the 2nd day of November 2024
achieved a Deadlift of 125kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 African 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 2nd day of November 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



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Ayoub Amrouch

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On the 2nd day of November 2024
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International Powerlifting Federation
at the 2024 African 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 2nd day of November 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

African Powerlifting Federation

Record Certificate

This is to certify that

Ahmed Sami Naamaoui

Of the nation

Algeria

On the 2nd day of November 2024
achieved a Bench Press of 150kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 African Powerlifting and Bench Press Championships
in Potchefstroom, South Africa

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

Dated this 2nd day of November 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Ahmed Sami Naamaoui

Of the nation

Algeria

On the 2nd day of November 2024
achieved a Bench Press of 150kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 African Powerlifting and Bench Press Championships
in Potchefstroom, South Africa

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

Dated this 2nd day of November 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Fodil Bouzidia

Of the nation

Algeria

On the 2nd day of November 2024
achieved a Squat of 288,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 African 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 2nd day of November 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation Record Certificate

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Ayoub Amrouch

Of the nation

Algeria

On the 2nd day of November 2024
achieved a Squat of 125kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 African 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 2nd day of November 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

African Powerlifting Federation Record Certificate

This is to certify that

Ayoub Amrouch

Of the nation

Algeria

On the 2nd day of November 2024
achieved a Bench Press of 125kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 African 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 2nd day of November 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

African Powerlifting Federation

Record Certificate

This is to certify that

Ayoub Amrouch

Of the nation

Algeria

On the 2nd day of November 2024
achieved a Deadlift of 125kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 African 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 2nd day of November 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

African Powerlifting Federation

Record Certificate

This is to certify that

Ayoub Amrouch

Of the nation

Algeria

On the 2nd day of November 2024
achieved a Total of 125kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 African 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 2nd day of November 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Slimane Benmeddah

Of the nation

Algeria

On the 2nd day of November 2024
achieved a Squat of 240kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 African 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 2nd day of November 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Brahim Meziani

Of the nation

Algeria

On the 2nd day of November 2024
achieved a Bench Press of 120kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 African Powerlifting and Bench Press Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -66kg weight division, Classic Men's Junior class.

Dated this 2nd day of November 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation Record Certificate

This is to certify that

Aissa Boutarfa

Of the nation

Algeria

On the 2nd day of November 2024
achieved a Deadlift of 185kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 African Powerlifting and Bench Press Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -83kg weight division, Classic Men's Master 2 class.
Dated this 2nd day of November 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation Record Certificate

This is to certify that

Aissa Boutarfa

Of the nation

Algeria

On the 2nd day of November 2024
achieved a Total of 430kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 African Powerlifting and Bench Press Championships
in Potchefstroom, South Africa

This constitutes an African Record
in the -83kg weight division, Classic Men's Master 2 class.
Dated this 2nd day of November 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

African Powerlifting Federation

Record Certificate

This is to certify that

Brahim Meziani

Of the nation

Algeria

On the 2nd day of November 2024
achieved a Bench Press of 120kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 African Powerlifting and Bench Press Championships
in Potchefstroom, South Africa

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

Dated this 2nd day of November 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

