

African Powerlifting Federation

Record Certificate

This is to certify that

Christelle Fokem Fofe

Of the nation

Cameroon

On the 30th day of October 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 84+kg weight division, Classic Women's Open 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

Christelle Fokem Fofe

Of the nation

Cameroon

On the 1st day of November 2024
achieved a Bench Press of 122,5kg 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 84+kg 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

Christelle Fokem Fofe

Of the nation

Cameroon

On the 1st day of November 2024
achieved a Bench Press of 122,5kg 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 84+kg weight division, Classic Women's Open 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

Erine Jennly Tingounzeu

Of the nation

Cameroon

On the 2nd day of November 2024
achieved a Bench Press of 55kg 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 -57kg weight division, Equipped Women'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

Daren Aram Tingounzeu

Of the nation

Cameroon

On the 2nd day of November 2024
achieved a Bench Press of 82,5kg 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 -59kg weight division, Equipped 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

Daren Aram Tingounzeu

Of the nation

Cameroon

On the 2nd day of November 2024
achieved a Bench Press of 82,5kg 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 -59kg weight division, Equipped Men's Junior 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

Daren Aram Tingounzeu

Of the nation

Cameroon

On the 2nd day of November 2024
achieved a Bench Press of 82,5kg 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 -59kg weight division, Equipped Men's Open 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

Omer Gaston Tingounzeu

Of the nation

Cameroon

On the 2nd day of November 2024
achieved a Bench Press of 90kg 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 -105kg weight division, Equipped Men's Master 2 Bench Press
Only class.

Dated this 2nd day of November 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

