

African Powerlifting Federation

Record Certificate

This is to certify that

Olivia Perotti

Of the nation

South Africa

On the 1st day of November 2024
achieved a Squat of 218kg 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

Megan Faul

Of the nation

South Africa

On the 1st day of November 2024
achieved a Bench Press of 120,5kg 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 -84kg 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

Olivia Perotti

Of the nation

South Africa

On the 1st day of November 2024
achieved a Total of 533kg 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

Elisabeth Barry

Of the nation

South Africa

On the 1st day of November 2024
achieved a Squat of 85,5kg 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 -52kg 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

Elisabeth Barry

Of the nation

South Africa

On the 1st day of November 2024
achieved a Total of 238kg 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 -52kg 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

Megan Faul

Of the nation

South Africa

On the 1st day of November 2024
achieved a Bench Press of 120,5kg 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 -84kg 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

Enrico Johnson

Of the nation

South Africa

On the 2nd day of November 2024
achieved a Squat 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 -66kg weight division, Classic Men's Master 1 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

Enrico Johnson

Of the nation

South Africa

On the 2nd day of November 2024
achieved a Deadlift of 226kg 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 Master 1 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

Enrico Johnson

Of the nation

South Africa

On the 2nd day of November 2024
achieved a Total of 526kg 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 Master 1 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

John Crain

Of the nation

South Africa

On the 2nd day of November 2024
achieved a Total of 645kg 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 120+kg 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

Tommie de Nysschen

Of the nation

South Africa

On the 2nd day of November 2024
achieved a Bench Press of 151,5kg 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 -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

Tommie de Nysschen

Of the nation

South Africa

On the 2nd day of November 2024
achieved a Bench Press of 151,5kg 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 -83kg weight division, Classic Men's Master 3 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

Tommie de Nysschen

Of the nation

South Africa

On the 2nd day of November 2024
achieved a Total of 451,5kg 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 -83kg weight division, Classic Men's Master 3 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

Dan Oppenheim

Of the nation

South Africa

On the 2nd day of November 2024
achieved a Squat of 141kg 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 4 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

Dan Oppenheim

Of the nation

South Africa

On the 2nd day of November 2024
achieved a Bench Press of 96,5kg 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 -83kg weight division, Classic Men's Master 4 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

Dan Oppenheim

Of the nation

South Africa

On the 2nd day of November 2024
achieved a Squat of 141kg 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 3 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

Tommie de Nysschen

Of the nation

South Africa

On the 2nd day of November 2024
achieved a Bench Press of 151,5kg 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 -83kg weight division, Classic Men'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

Tommie de Nysschen

Of the nation

South Africa

On the 2nd day of November 2024
achieved a Bench Press of 151,5kg 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 -83kg weight division, Classic Men's Master 3 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

Dan Oppenheim

Of the nation

South Africa

On the 2nd day of November 2024
achieved a Bench Press of 96,5kg 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 -83kg weight division, Classic Men's Master 4 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

Megan Leighton

Of the nation

South Africa

On the 2nd day of November 2024
achieved a Bench Press of 110,5kg 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, Equipped 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

Megan Leighton

Of the nation

South Africa

On the 2nd day of November 2024
achieved a Bench Press of 110,5kg 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, Equipped 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

Carol Anthony

Of the nation

South Africa

On the 2nd day of November 2024
achieved a Squat of 118kg 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 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

Carol Anthony

Of the nation

South Africa

On the 2nd day of November 2024
achieved a Squat of 118kg 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 Master 1 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

Carol Anthony

Of the nation

South Africa

On the 2nd day of November 2024
achieved a Bench Press of 55,5kg 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 -57kg weight division, Equipped 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

Carol Anthony

Of the nation

South Africa

On the 2nd day of November 2024
achieved a Bench Press of 55,5kg 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 -57kg weight division, Equipped Women's Master 1 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

Carol Anthony

Of the nation

South Africa

On the 2nd day of November 2024
achieved a Deadlift of 125,5kg 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 -57kg weight division, Equipped 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

Carol Anthony

Of the nation

South Africa

On the 2nd day of November 2024
achieved a Deadlift of 125,5kg 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 -57kg weight division, Equipped Women's Master 1 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

Carol Anthony

Of the nation

South Africa

On the 2nd day of November 2024
achieved a Total of 299kg 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 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

Carol Anthony

Of the nation

South Africa

On the 2nd day of November 2024
achieved a Total of 299kg 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 Master 1 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

Heather Leighton

Of the nation

South Africa

On the 2nd day of November 2024
achieved a Squat of 93kg 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 -69kg weight division, Equipped Women's Master 3 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

Heather Leighton

Of the nation

South Africa

On the 2nd day of November 2024
achieved a Squat of 69,5kg 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 -69kg weight division, Equipped Women's Master 3 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

Heather Leighton

Of the nation

South Africa

On the 2nd day of November 2024
achieved a Squat of 108kg 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 -69kg weight division, Equipped Women's Master 3 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

Heather Leighton

Of the nation

South Africa

On the 2nd day of November 2024
achieved a Squat of 270,5kg 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 -69kg weight division, Equipped Women's Master 3 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

Carol Anthony

Of the nation

South Africa

On the 2nd day of November 2024
achieved a Bench Press of 55,5kg 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 -57kg weight division, Equipped 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

Carol Anthony

Of the nation

South Africa

On the 2nd day of November 2024
achieved a Bench Press of 55,5kg 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 -57kg weight division, Equipped Women's Master 1 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

Marcel Vorster

Of the nation

South Africa

On the 2nd day of November 2024
achieved a Squat of 280kg 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, Equipped 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

Haroun Pietersen

Of the nation

South Africa

On the 2nd day of November 2024
achieved a Squat of 305kg 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 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

Marcel Vorster

Of the nation

South Africa

On the 2nd day of November 2024
achieved a Bench Press of 187,5kg 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 -74kg weight division, Equipped 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

Marcel Vorster

Of the nation

South Africa

On the 2nd day of November 2024
achieved a Total of 592,5kg 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 -74kg weight division, Equipped 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

Sean Britz

Of the nation

South Africa

On the 2nd day of November 2024
achieved a Deadlift of 270kg 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 Junior class.
Dated this 2nd day of November 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

