

# African Powerlifting Federation Record Certificate

This is to certify that

**Steven Coleman**

Of the nation

**South Africa**

On the 4th day of October 2024  
achieved a Bench Press of 125kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Classic Bench Press Championships  
in Sun City, South Africa

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

Dated this 4th day of October 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Giulia Muto**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Squat of 130kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Classic Powerlifting Championships  
in Sun City, South Africa

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



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Giulia Muto**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Bench Press of 75kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Classic Powerlifting Championships  
in Sun City, South Africa

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



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Giulia Muto**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Total of 342,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Classic Powerlifting Championships  
in Sun City, South Africa

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



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Giulia Muto**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Bench Press of 75kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Classic Powerlifting Championships  
in Sun City, South Africa

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

Dated this 13th day of October 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Chevonne Roos**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Squat of 142,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -57kg weight division, Classic Women's Open class.  
Dated this 13th day of October 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 October 2024  
achieved a Bench Press of 102,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -69kg weight division, Classic Women's Open class.  
Dated this 13th day of October 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 October 2024  
achieved a Total of 447,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -69kg weight division, Classic Women's Open class.  
Dated this 13th day of October 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 October 2024  
achieved a Bench Press of 102,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Classic Powerlifting Championships  
in Sun City, 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 October 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Danielle Waldeck**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Squat of 212,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Classic Powerlifting Championships  
in Sun City, South Africa

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

Dated this 13th day of October 2024



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 13th day of October 2024  
achieved a Squat of 97,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Classic Powerlifting Championships  
in Sun City, South Africa

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



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 13th day of October 2024  
achieved a Bench Press of 57,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Classic Powerlifting Championships  
in Sun City, South Africa

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



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 13th day of October 2024  
achieved a Deadlift of 125kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Classic Powerlifting Championships  
in Sun City, South Africa

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



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 13th day of October 2024  
achieved a Total of 280kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Classic Powerlifting Championships  
in Sun City, South Africa

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



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 13th day of October 2024  
achieved a Bench Press of 57,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Classic Powerlifting Championships  
in Sun City, South Africa

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

Dated this 13th day of October 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 October 2024  
achieved a Squat of 145kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -76kg weight division, Classic Women's Subjunior class.  
Dated this 13th day of October 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 October 2024  
achieved a Bench Press of 75kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Classic Powerlifting Championships  
in Sun City, South Africa

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



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Lisa Stander**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Deadlift of 190kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Classic Powerlifting Championships  
in Sun City, South Africa

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



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

# African Powerlifting Federation

## Record Certificate

This is to certify that

**Lisa Stander**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Total of 402,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -76kg weight division, Classic Women's Subjunior class.  
Dated this 13th day of October 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 October 2024  
achieved a Bench Press of 75kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Classic Powerlifting Championships  
in Sun City, South Africa

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

Dated this 13th day of October 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Ava Bezuidenhout**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Squat of 125kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -84kg weight division, Classic Women's Subjunior class.  
Dated this 13th day of October 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 October 2024  
achieved a Deadlift of 150kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the 84+kg weight division, Classic Women's Subjunior class.  
Dated this 13th day of October 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 October 2024  
achieved a Total of 340kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Classic Powerlifting Championships  
in Sun City, South Africa

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



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Ava Bezuidenhout**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Squat of 125kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Classic Powerlifting Championships  
in Sun City, South Africa

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

Dated this 13th day of October 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 October 2024  
achieved a Deadlift of 150kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Classic Powerlifting Championships  
in Sun City, South Africa

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

Dated this 13th day of October 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Gaia Mottalini**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Bench Press of 75kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Classic Powerlifting Championships  
in Sun City, South Africa

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

Dated this 13th day of October 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Gaia Mottalini**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Bench Press of 75kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Classic Powerlifting Championships  
in Sun City, 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 October 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Charnleigh Kotze**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Squat of 161kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Classic Powerlifting Championships  
in Sun City, South Africa

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

Dated this 13th day of October 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Charnleigh Kotze**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Deadlift of 182,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Classic Powerlifting Championships  
in Sun City, South Africa

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

Dated this 13th day of October 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Charnleigh Kotze**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Total of 438,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Classic Powerlifting Championships  
in Sun City, South Africa

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

Dated this 13th day of October 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Charnleigh Kotze**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Squat of 161kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -69kg weight division, Classic Women's Open class.  
Dated this 13th day of October 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 October 2024  
achieved a Bench Press of 148kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Classic Powerlifting Championships  
in Sun City, 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 October 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton





# African Powerlifting Federation Record Certificate

This is to certify that

**Craig Masson**

Of the nation

**South Africa**

On the 4th day of October 2024  
achieved a Bench Press of 230kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Equipped Bench Press Championships  
in Sun City, South Africa

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

Dated this 4th day of October 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation Record Certificate

This is to certify that

**Craig Masson**

Of the nation

**South Africa**

On the 4th day of October 2024  
achieved a Bench Press of 230kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Equipped Bench Press Championships  
in Sun City, South Africa

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

Dated this 4th day of October 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 4th day of October 2024  
achieved a Bench Press of 285kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Equipped Bench Press Championships  
in Sun City, South Africa

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

Dated this 4th day of October 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 4th day of October 2024  
achieved a Bench Press of 72,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Equipped Bench Press Championships  
in Sun City, South Africa

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

Dated this 4th day of October 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 October 2024  
achieved a Squat of 190kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Equipped Bench Press Championships  
in Sun City, South Africa

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

Dated this 13th day of October 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 October 2024  
achieved a Bench Press of 108kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Equipped Bench Press Championships  
in Sun City, South Africa

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

Dated this 13th day of October 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 October 2024  
achieved a Deadlift of 190kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Equipped Bench Press Championships  
in Sun City, South Africa

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

Dated this 13th day of October 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 October 2024  
achieved a Total of 488kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Equipped Bench Press Championships  
in Sun City, South Africa

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

Dated this 13th day of October 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 October 2024  
achieved a Squat of 190kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Equipped Bench Press Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -63kg weight division, Equipped Women's Sunjunior class.  
Dated this 13th day of October 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 October 2024  
achieved a Bench Press of 108kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Equipped Bench Press Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -63kg weight division, Equipped Women's Sunjunior class.  
Dated this 13th day of October 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 October 2024  
achieved a Deadlift of 190kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Equipped Bench Press Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -63kg weight division, Equipped Women's Sunjunior class.  
Dated this 13th day of October 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 October 2024  
achieved a Total of 488kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Equipped Bench Press Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -63kg weight division, Equipped Women's Sunjunior class.  
Dated this 13th day of October 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 October 2024  
achieved a Squat of 190kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Equipped Bench Press Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -63kg weight division, Equipped Women's Junior class.  
Dated this 13th day of October 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 October 2024  
achieved a Bench Press of 108kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Equipped Bench Press Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -63kg weight division, Equipped Women's Junior class.  
Dated this 13th day of October 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 October 2024  
achieved a Deadlift of 190kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Equipped Bench Press Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -63kg weight division, Equipped Women's Junior class.  
Dated this 13th day of October 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 October 2024  
achieved a Total of 488kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Equipped Bench Press Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -63kg weight division, Equipped Women's Junior class.  
Dated this 13th day of October 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 October 2024  
achieved a Bench Press of 108kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Equipped Bench Press Championships  
in Sun City, South Africa

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

Dated this 13th day of October 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 October 2024  
achieved a Bench Press of 108kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Equipped Bench Press Championships  
in Sun City, South Africa

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

Dated this 13th day of October 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 October 2024  
achieved a Bench Press of 108kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Equipped Bench Press Championships  
in Sun City, South Africa

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

Dated this 13th day of October 2024



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 13th day of October 2024  
achieved a Bench Press of 95kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Equipped Bench Press Championships  
in Sun City, South Africa

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

Dated this 13th day of October 2024



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 13th day of October 2024  
achieved a Bench Press of 95kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Equipped Bench Press Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -57kg weight division, Equipped Women's Junior class.  
Dated this 13th day of October 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 13th day of October 2024  
achieved a Bench Press of 162,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Equipped Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -105kg weight division, Equipped Men's Junior Bench Press Only  
class.

Dated this 13th day of October 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 October 2024  
achieved a Squat of 302,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Equipped Powerlifting Championships  
in Sun City, South Africa

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

Dated this 13th day of October 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 October 2024  
achieved a Bench Press of 212,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Equipped Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -105kg weight division, Equipped Men's Open class.  
Dated this 13th day of October 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 October 2024  
achieved a Deadlift of 285kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Equipped Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -105kg weight division, Equipped Men's Open class.  
Dated this 13th day of October 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 October 2024  
achieved a Total of 800kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Equipped Powerlifting Championships  
in Sun City, South Africa

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

Dated this 13th day of October 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 13th day of October 2024  
achieved a Squat of 270kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Equipped Powerlifting Championships  
in Sun City, South Africa

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

Dated this 13th day of October 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 13th day of October 2024  
achieved a Bench Press of 162,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Equipped Powerlifting Championships  
in Sun City, South Africa

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

Dated this 13th day of October 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 13th day of October 2024  
achieved a Deadlift of 255kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Equipped Powerlifting Championships  
in Sun City, South Africa

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

Dated this 13th day of October 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 13th day of October 2024  
achieved a Total of 687,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 Commonwealth Equipped Powerlifting Championships  
in Sun City, South Africa

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

Dated this 13th day of October 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

