

African Powerlifting Federation Record Certificate

This is to certify that

Megan Faul

Of the nation

South Africa

On the 23rd day of June 2024
achieved a Bench Press of 112,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 World Classic Open Powerlifting Championships
in Druskininkai, Lithuania

This constitutes an African Record
in the -84kg weight division, Classic Women's Open Bench Press Only
class.

Dated this 23rd day of June 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 23rd day of June 2024
achieved a Squat of 205kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 World Classic Open Powerlifting Championships
in Druskininkai, Lithuania

This constitutes an African Record
in the 84+kg weight division, Classic Women's Open class.
Dated this 23rd day of June 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 23rd day of June 2024
achieved a Bench Press of 112,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 World Classic Open Powerlifting Championships
in Druskininkai, Lithuania

This constitutes an African Record
in the -84kg weight division, Classic Women's Open class.
Dated this 23rd day of June 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 23rd day of June 2024
achieved a Bench Press of 102,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 World Classic Open Powerlifting Championships
in Druskininkai, Lithuania

This constitutes an African Record
in the 84+kg weight division, Classic Women's Open class.
Dated this 23rd day of June 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

African Powerlifting Federation

Record Certificate

This is to certify that

Nicole Coopoosamy

Of the nation

South Africa

On the 23rd day of June 2024
achieved a Deadlift of 220kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 World Classic Open Powerlifting Championships
in Druskininkai, Lithuania

This constitutes an African Record
in the -84kg weight division, Classic Women's Open class.
Dated this 23rd day of June 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

African Powerlifting Federation

Record Certificate

This is to certify that

Nicole Coopoosamy

Of the nation

South Africa

On the 23rd day of June 2024
achieved a Total of 515kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 World Classic Open Powerlifting Championships
in Druskininkai, Lithuania

This constitutes an African Record
in the -84kg weight division, Classic Women's Open class.
Dated this 23rd day of June 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 23rd day of June 2024
achieved a Total of 505kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 World Classic Open Powerlifting Championships
in Druskininkai, Lithuania

This constitutes an African Record
in the 84+kg weight division, Classic Women's Open class.
Dated this 23rd day of June 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

African Powerlifting Federation

Record Certificate

This is to certify that

Pia Marangoni

Of the nation

South Africa

On the 23rd day of June 2024
achieved a Squat of 140kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 World Classic Open Powerlifting Championships
in Druskininkai, Lithuania

This constitutes an African Record
in the -76kg weight division, Classic Women's Master 1 class.

Dated this 23rd day of June 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

African Powerlifting Federation

Record Certificate

This is to certify that

Pia Marangoni

Of the nation

South Africa

On the 23rd day of June 2024
achieved a Bench Press of 75kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 World Classic Open Powerlifting Championships
in Druskininkai, Lithuania

This constitutes an African Record
in the -76kg weight division, Classic Women's Master 1 class.
Dated this 23rd day of June 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation Record Certificate

This is to certify that

Pia Marangoni

Of the nation

South Africa

On the 23rd day of June 2024
achieved a Deadlift of 167,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 World Classic Open Powerlifting Championships
in Druskininkai, Lithuania

This constitutes an African Record
in the -76kg weight division, Classic Women's Master 1 class.

Dated this 23rd day of June 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

African Powerlifting Federation Record Certificate

This is to certify that

Pia Marangoni

Of the nation

South Africa

On the 23rd day of June 2024
achieved a Total of 382,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 World Classic Open Powerlifting Championships
in Druskininkai, Lithuania

This constitutes an African Record
in the -76kg weight division, Classic Women's Master 1 class.
Dated this 23rd day of June 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

African Powerlifting Federation Record Certificate

This is to certify that

Pia Marangoni

Of the nation

South Africa

On the 23rd day of June 2024
achieved a Bench Press of 75kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 World Classic Open Powerlifting Championships
in Druskininkai, Lithuania

This constitutes an African Record
in the -76kg weight division, Classic Women's Master 1 Bench Press
Only class.

Dated this 23rd day of June 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Astrid Schwarz

Of the nation

South Africa

On the 23rd day of June 2024
achieved a Bench Press of 82,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 World Classic Open Powerlifting Championships
in Druskininkai, Lithuania

This constitutes an African Record
in the -69kg weight division, Classic Women's Open class.
Dated this 23rd day of June 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation Record Certificate

This is to certify that

Astrid Schwarz

Of the nation

South Africa

On the 23rd day of June 2024
achieved a Bench Press of 82,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 World Classic Open Powerlifting Championships
in Druskininkai, Lithuania

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

Dated this 23rd day of June 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Astrid Schwarz

Of the nation

South Africa

On the 23rd day of June 2024
achieved a Bench Press of 82,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 World Classic Open Powerlifting Championships
in Druskininkai, Lithuania

This constitutes an African Record
in the -69kg weight division, Classic Women's Master 1 class.

Dated this 23rd day of June 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

African Powerlifting Federation Record Certificate

This is to certify that

Astrid Schwarz

Of the nation

South Africa

On the 23rd day of June 2024
achieved a Bench Press of 82,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 World Classic Open Powerlifting Championships
in Druskininkai, Lithuania

This constitutes an African Record
in the -69kg weight division, Classic Women's Master 1 Bench Press
Only class.

Dated this 23rd day of June 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation Record Certificate

This is to certify that

Astrid Schwarz

Of the nation

South Africa

On the 23rd day of June 2024
achieved a Squat of 145kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 World Classic Open Powerlifting Championships
in Druskininkai, Lithuania

This constitutes an African Record
in the -69kg weight division, Classic Women's Master 1 class.
Dated this 23rd day of June 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

African Powerlifting Federation Record Certificate

This is to certify that

Astrid Schwarz

Of the nation

South Africa

On the 23rd day of June 2024
achieved a Deadlift of 155kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 World Classic Open Powerlifting Championships
in Druskininkai, Lithuania

This constitutes an African Record
in the -69kg weight division, Classic Women's Master 1 class.

Dated this 23rd day of June 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

African Powerlifting Federation Record Certificate

This is to certify that

Astrid Schwarz

Of the nation

South Africa

On the 23rd day of June 2024
achieved a Total of 382,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 World Classic Open Powerlifting Championships
in Druskininkai, Lithuania

This constitutes an African Record
in the -69kg weight division, Classic Women's Master 1 class.

Dated this 23rd day of June 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton