

# African Powerlifting Federation Record Certificate

This is to certify that

**Tarryn Valle**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Bench Press of 55kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -52kg weight division, Classic Women's Master 1 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

**Pia Marangoni**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Bench Press of 77,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

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

**Phokwane Moloele**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Bench Press of 77,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -84kg weight division, Classic Women's Master 1 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

**Marina van der Linde**

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 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the 84+kg weight division, Classic Women's Master 1 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

**Tarryn Valle**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Squat of 90kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -52kg weight division, Classic Women's Master 1 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

**Tarryn Valle**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Bench Press of 55kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -52kg weight division, Classic Women's Master 1 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

**Tarryn Valle**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Deadlift of 140kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -52kg weight division, Classic Women's Master 1 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

**Tarryn Valle**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Total of 285kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -52kg weight division, Classic Women's Master 1 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

**Pia Marangoni**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Squat of 152,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

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

**Pia Marangoni**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Bench Press of 77,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

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

**Pia Marangoni**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Deadlift of 180kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

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

**Pia Marangoni**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Total of 410kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

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

**Phokwane Moloele**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Bench Press of 77,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -84kg weight division, Classic Women's Master 1 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

**Marina van der Linde**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Squat of 487,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the 84+kg weight division, Classic Women's Master 1 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

**Marina van der Linde**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Bench Press of 487,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the 84+kg weight division, Classic Women's Master 1 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

**Marina van der Linde**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Total of 487,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the 84+kg weight division, Classic Women's Master 1 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

**Elisabeth Barry**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Bench Press of 37,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -47kg weight division, Classic Women's Master 1 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

**Elisabeth Barry**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Bench Press of 37,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -47kg weight division, Classic Women's Master 2 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

**Elisabeth Barry**

Of the nation

**South Africa**

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

This constitutes an African Record  
in the -47kg weight division, Classic Women's Master 2 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

**Elisabeth Barry**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Bench Press of 37,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -47kg weight division, Classic Women's Master 2 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

**Elisabeth Barry**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Deadlift of 105kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -47kg weight division, Classic Women's Master 2 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

**Elisabeth Barry**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Total of 217,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -47kg weight division, Classic Women's Master 2 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

**Elisabeth Barry**

Of the nation

**South Africa**

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

This constitutes an African Record  
in the -47kg weight division, Classic Women's Master 1 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

**Elisabeth Barry**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Bench Press of 37,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -47kg weight division, Classic Women's Master 1 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

**Elisabeth Barry**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Deadlift of 105kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -47kg weight division, Classic Women's Master 1 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

**Vanessa Schlebusch**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Bench Press of 45kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -52kg weight division, Classic Women's Master 2 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

**Antoinette Kriel**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Bench Press of 82,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -57kg weight division, Classic Women's Master 2 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

**Antoinette Kriel**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Deadlift of 181kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -57kg weight division, Classic Women's Master 2 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

**Antoinette Kriel**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Total of 388,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -57kg weight division, Classic Women's Master 2 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

**Antoinette Kriel**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Bench Press of 82,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -57kg weight division, Classic Women's Master 1 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

**Antoinette Kriel**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Bench Press of 82,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -57kg weight division, Classic Women's Master 2 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

**Antoinette Kriel**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Bench Press of 82,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -57kg 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

**Antoinette Kriel**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Bench Press of 82,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -57kg weight division, Classic Women's Master 1 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

**Antoinette Kriel**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Deadlift of 181kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -57kg weight division, Classic Women's Master 1 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

**Antoinette Kriel**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Total of 388,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -57kg weight division, Classic Women's Master 1 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

**Antoinette Kriel**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Bench Press of 82,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters 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

**Antoinette Kriel**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Deadlift of 181kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters 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

**Antoinette Kriel**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Total of 388,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters 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

**Bonita Bloem**

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 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -76kg weight division, Classic Women's Master 2 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

**Bonita Bloem**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Bench Press of 62,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -76kg weight division, Classic Women's Master 2 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

**Bonita Bloem**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Total of 325kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -76kg weight division, Classic Women's Master 2 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 Coopoosamy**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Deadlift of 233kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -84kg 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

**Nicole Coopoosamy**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Total of 538kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -84kg 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

**Steven Coleman**

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 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -66kg weight division, Classic Men's Master 1 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

**Steven Coleman**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Bench Press of 117,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -66kg weight division, Classic Men's Master 1 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

**Steven Coleman**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Deadlift of 157,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -66kg weight division, Classic Men's Master 1 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

**Steven Coleman**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Total of 400kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -66kg weight division, Classic Men's Master 1 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

**Newton Mudau**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Squat of 272,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -120kg weight division, Classic Men's Master 1 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

**Denis Bensch**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Squat of 245kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -120kg weight division, Classic Men's Master 2 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

**John Crain**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Bench Press of 177,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the 120+kg weight division, Classic Men's Master 2 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

**John Crain**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Deadlift of 260kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the 120+kg weight division, Classic Men's Master 2 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

**John Crain**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Total of 642,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the 120+kg weight division, Classic Men's Master 2 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

**Ian Hacker**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Squat of 205kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -74kg weight division, Classic Men's Master 3 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

**Ian Hacker**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Bench Press of 115kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -74kg weight division, Classic Men's Master 3 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

**Ian Hacker**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Total of 525kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -74kg weight division, Classic Men's Master 3 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 145kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -83kg weight division, Classic Men's Master 3 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 145kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -83kg 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

**Dan Oppenheim**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Squat of 140kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -83kg weight division, Classic Men's Master 4 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

**Dan Oppenheim**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Squat of 140kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Classic Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -83kg weight division, Classic Men's Master 3 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

**Hermanus de Beer**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Squat of 215kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Equipped Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -120kg weight division, Equipped Men's Master 2 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

**Hermanus de Beer**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Total of 650kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Equipped Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -120kg weight division, Equipped Men's Master 2 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

**Hermanus de Beer**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Squat of 215kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Equipped Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -120kg weight division, Equipped Men's Master 1 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

**Hermanus de Beer**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Total of 650kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Equipped Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -120kg weight division, Equipped Men's Master 1 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 Squat of 167,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Equipped Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -83kg weight division, Equipped Men's Master 3 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 Deadlift of 172,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Equipped Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -83kg weight division, Equipped Men's Master 3 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 Total of 502,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Equipped Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -83kg weight division, Equipped Men's Master 3 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 Squat of 167,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Equipped Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -83kg weight division, Equipped Men's Master 2 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 Deadlift of 172,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Equipped Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -83kg weight division, Equipped Men's Master 2 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 Total of 502,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Equipped Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -83kg weight division, Equipped Men's Master 2 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 Squat of 167,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Equipped Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -83kg weight division, Equipped Men's Master 1 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 Deadlift of 172,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Equipped Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -83kg weight division, Equipped Men's Master 1 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 Total of 502,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Equipped Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -83kg weight division, Equipped Men's Master 1 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 Squat of 167,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Equipped Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -83kg 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

**Tommie de Nysschen**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Deadlift of 172,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Equipped Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -83kg 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

**Tommie de Nysschen**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Total of 502,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Equipped Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -83kg 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

**Dan Oppenheim**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Squat of 165kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Equipped Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -83kg weight division, Equipped Men's Master 4 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

**Dan Oppenheim**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Bench Press of 110kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Equipped Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -83kg weight division, Equipped Men's Master 4 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

**Dan Oppenheim**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Bench Press of 110kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Equipped Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -83kg weight division, Equipped Men's Master 4 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

**Jacqui Rees**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Bench Press of 125kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Equipped Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the 84+kg weight division, Equipped Women's Master 1 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

**Marieke van Linge**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Bench Press of 60kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Equipped Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -63kg weight division, Equipped Women's Master 2 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

**Laura de Wet**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Bench Press of 90kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Equipped Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -69kg weight division, Equipped Women's Master 2 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

**Marieke van Linge**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Bench Press of 60kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Equipped Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -63kg weight division, Equipped Women's Master 1 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

**Laura de Wet**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Bench Press of 90kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Equipped Powerlifting Championships  
in Sun City, South Africa

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

**Jacqui Rees**

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 World Masters Equipped Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the 84+kg 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

**Jacqui Rees**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Bench Press of 125kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Equipped Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the 84+kg 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

**Jacqui Rees**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Deadlift of 175kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Equipped Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the 84+kg 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

**Jacqui Rees**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Total of 490kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Equipped Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the 84+kg 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

**Jacqui Rees**

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 World Masters Equipped Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the 84+kg weight division, Equipped Women's Master 1 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

**Jacqui Rees**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Bench Press of 125kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Equipped Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the 84+kg weight division, Equipped Women's Master 1 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

**Jacqui Rees**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Deadlift of 175kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Equipped Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the 84+kg weight division, Equipped Women's Master 1 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

**Jacqui Rees**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Total of 490kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Equipped Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the 84+kg weight division, Equipped Women's Master 1 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

**Marieke van Linge**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Bench Press of 60kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Equipped Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -63kg weight division, Equipped Women's Master 2 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

**Marieke van Linge**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Bench Press of 60kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Equipped Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -63kg weight division, Equipped Women's Master 2 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

**Laura de Wet**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Squat of 185kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Equipped Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -69kg weight division, Equipped Women's Master 2 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

**Laura de Wet**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Bench Press of 90kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Equipped Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -69kg weight division, Equipped Women's Master 2 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

**Laura 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 World Masters Equipped Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -69kg weight division, Equipped Women's Master 2 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

**Laura de Wet**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Total of 465kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Equipped Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -69kg weight division, Equipped Women's Master 2 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

**Laura de Wet**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Squat of 185kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Equipped Powerlifting Championships  
in Sun City, South Africa

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

**Laura de Wet**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Bench Press of 90kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Equipped Powerlifting Championships  
in Sun City, South Africa

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

**Laura 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 World Masters Equipped Powerlifting Championships  
in Sun City, South Africa

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

**Laura de Wet**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Total of 465kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Equipped Powerlifting Championships  
in Sun City, South Africa

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

**Laura de Wet**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Squat of 185kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Equipped Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -69kg 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

**Laura 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 World Masters Equipped Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -69kg 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

**Laura de Wet**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Total of 465kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Equipped Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -69kg 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

**Heather Leighton**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Squat of 92,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Equipped Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -69kg weight division, Equipped Women's Master 3 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

**Heather Leighton**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Bench Press of 67,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Equipped Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -69kg weight division, Equipped Women's Master 3 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

**Heather Leighton**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Deadlift of 107,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Equipped Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -69kg weight division, Equipped Women's Master 3 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

**Heather Leighton**

Of the nation

**South Africa**

On the 13th day of October 2024  
achieved a Total of 267,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2024 World Masters Equipped Powerlifting Championships  
in Sun City, South Africa

This constitutes an African Record  
in the -69kg weight division, Equipped Women's Master 3 class.  
Dated this 13th day of October 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

