

African Powerlifting Federation Record Certificate

This is to certify that

Farida Hindi

Of the nation

Egypt

On the 9th day of September 2024
achieved a Squat of 165kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 World Subjunior and Junior Classic Powerlifting
Championships
in St Paul's Bay, Malta

This constitutes an African Record
in the -76kg weight division, Classic Women's Junior class.
Dated this 9th day of September 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation Record Certificate

This is to certify that

Farida Hindi

Of the nation

Egypt

On the 9th day of September 2024
achieved a Total of 412,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 World Subjunior and Junior Classic Powerlifting
Championships
in St Paul's Bay, Malta

This constitutes an African Record
in the -76kg weight division, Classic Women's Junior class.
Dated this 9th day of September 2024



APF President, Kamel Nedjah



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Farida Hindi

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On the 9th day of September 2024
achieved a Squat of 165kg in accordance
with the rules of the
International Powerlifting Federation
at the 2024 World Subjunior and Junior Classic Powerlifting
Championships
in St Paul's Bay, Malta

This constitutes an African Record
in the -76kg weight division, Classic Women's Open class.
Dated this 9th day of September 2024



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

