

Annual report 2020

January 2021

Mail voting

2021

Order of Business.

- 1) Roll Call
- 2) President's Address
- 3) Vice President's report
- 4) Treasurer's Report
- 5) Auditor report
- 6) General Secretary's Report
- 7) Committee Reports
- 8) Elections
- 9) Action on proposed amendments
- 10) New Member Applicants
- 11) Delinquent Nations
- 12) Hall of Fame
- 13) Future Championships
- 14) Any Other Business
- 15) Adjournment

President's Report 2020

Dear friends

Dear APF members

On behalf of the African powerlifting federation I trust this message report finds everyone in good health. 2020 was a difficult year due to the COVID-19 Pandemic The whole world is affected from the deadly virus Many of us lost some friends or families members. With this, I send to you my sincerest condolences on your loss I send also my sincerest condolences to Ghana powerlifting federation and the godwill's family president of GPF was passed this year

I do thank you all for your trust by electing me last years to the position of President I hope that my contribution has helped the sport. Honestly We need to invest more time; effort; Money to improve our sport in Africa continent so like everyone know The economy of APF suffered and will more suffer from the low activities in 2020 so I hope that all nations try to pay the annual affiliation

This year we made choice for the safety of everyone; coaches, officials; lifters Therefore the Powerlifting events in Africa had to be cancelled:

- Arnold Classic Africa Powerlifting and Bench Press Event – cancelled
- African Powerlifting and Bench Press Championships – cancelled

This year Uganda powerlifting federation jointed the IPF & APF families was accepted as a Provisional member of the IPF. we have a discussion also with the Senegal and Madagascar Nations down umbrella of IPF just they preparing the documents Requested by IPF. I attended meetings virtual with APF's E.C & IPF president.

Our objectives /

- To success the strategy planning meeting was in south Africa 2019
- Recognition by the UCSA
- Revision of APF Constitution and By-Laws
- increased numbers of competitors at the 2021
- include an APF University Powerlifting Cup

Finally I would like to thank to all affiliated member nations, my EC colleagues, APF committees and all other people in the APF for a good cooperation during the year.

I would like to express my thanks and gratitude to our IPF president Mr Gaston parage for the cooperation and his attention to grow up our APF and Robert keller the secretary general of ipf for the time to response to all my Emails and Emails of the apf's new members .

All this steps we made all together lead us to our final goal to improve our sport in our continent .

So My last thank goes to all our Africans lifters and to all coaches

I see the bright future for our sport, let we enjoy it together

Elmamoun Mohamed
President of APF

HAPPY NEW YEAR 2021

President Of African
Powerlifting Federation
رئيس
الجامعة الإفريقية للقوة البدنية
Mr.El Mamoun Mohamed
السيد: المأمون محمد



Approved unanimously: YES : 17 . NO: 00.

Report from the APF Vice President.

2020 has been a year in which the COVID-19 pandemic disrupted the scheduled calendar of national, regional and international sporting events. The following

International Events to be held in Africa had to be cancelled as a result:

- Arnold Classic Africa Powerlifting and Bench Press Event – cancelled
- African Powerlifting and Bench Press Championships – cancelled
- IPF Classic and Equipped Masters Powerlifting Championships - cancelled

Assuming that international travel will have normalized by the beginning of 2021, we look forward to increased numbers of competitors at the 2021 Regional and International events. The 2021 African Powerlifting and Bench Press Championships, to be held in South Africa in June 2021, will include an APF University Powerlifting Cup for the first time. South Africa will also host the Arnold Classic Africa, and the 2021 IPF Classic and Equipped Masters Powerlifting Championships.

During 2020 Uganda was accepted as a Provisional member of the IPF, and we look forward to welcoming the Ugandan powerlifters at our regional and international events in the future. This new addition will bring the number of APF members to 17 nations.

The APF General Assembly which was to have taken place at the African Championships was also cancelled, with the APF Executive taking the decision to follow the IPF example of distributing the annual reports to our membership by email instead. The APF Executive has been meeting virtually in order to continue to work on our Strategic Plan, to further the goals of Growth, Fair Play, Development, Quality and Promotion of the sport.

With the Rule changes announced by the IPF, including new weight divisions for Women's events, the APF will work on publishing new African Powerlifting and Bench Press record standards for the new weight categories.

We are also planning to expand our social media presence and encourage all member nations to contribute articles, videos and photographs, or links to your websites. If possible, we would like to feature one member nation per month, in order to learn more about our members and give you all a platform to show us more about your federation.

I am encouraged by the work being done by the dedicated APF Executive to advance Powerlifting in Africa, and look forward to seeing you all in 2021.

Heather Leighton

APF – Vice President

Approved unanimously: YES : 17 . NO: 00.

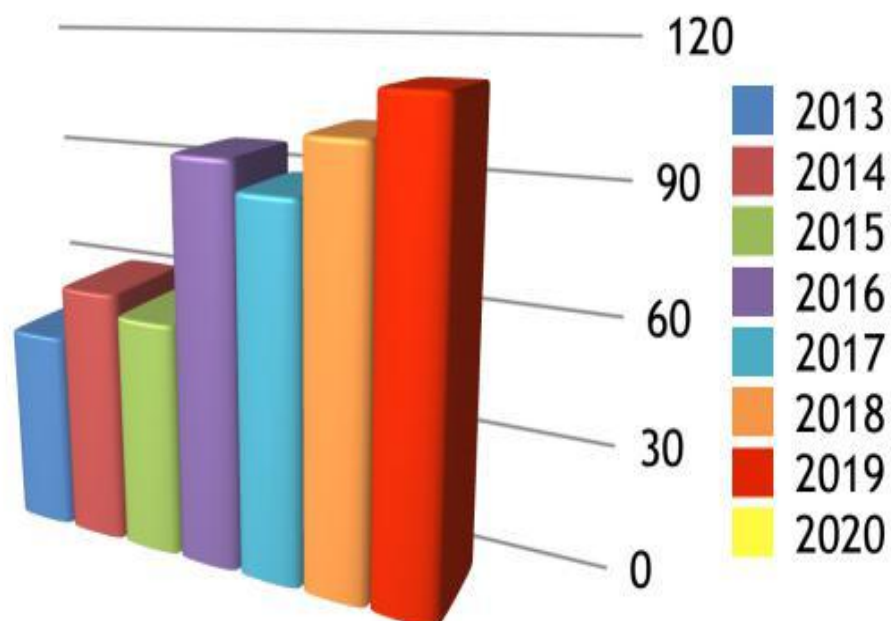
Treasurer report:

From the financial point of view, the 2020 budget has been affected by the Covid-19, as a result of the pandemic period, there were no incomes from championships such as participation and affiliation fees, this gave APF a negative impact in the current budget year.

African Powerlifting Federation

The statistics and graphics below give an overview about the number lifters from 2013 until 2020 that took part in Open , Sub junior , Junior , Masters African Championships in Powerlifting and Bench Press .

YEARS	PARTICIPATIONS LIFTERS
2013	48
2014	61
2015	56
2016	95
2017	88
2018	101
2019	111
2020	No compétition



African Powerlifting Federation

EXPENSES 2020

01.02	PARTICIPATION FEE /ORGANISER	€	000
0.4	ADMINISTRATION	€	309.00
0.5	ACCOUNT OPENING CHARGES	€	491.00
02.01	ANTI DOPING IPF	€	000
0.8	*OTHER	€	149.40 (18,5+8,40+122,50)
	Expenses	€	949.40

EXPENSES



● PARTICIPATION FEE/ORGANISER ADMINISTRATION TRAVEL ANTI DOPING IPF
● OTHER

*Cash charge, bank charge and bank card fees

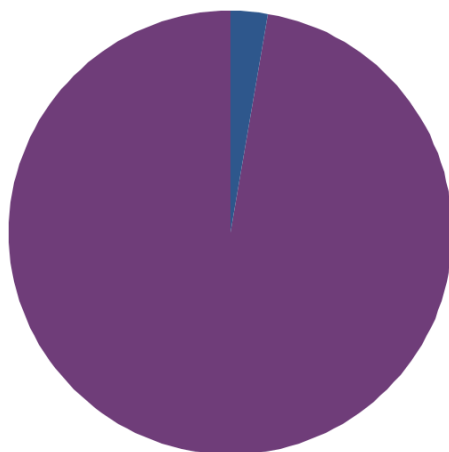
Approved unanimously: YES : 17 . NO: 00.

African Powerlifting Federation

INCOMES 2020

01.01	MEMBERSHIP FEE	€	400
01.02	PARTICIPATION FEE	€	000
01.03	SANCTION FEE	€	000
02.01	ANTI DOPING FEE	€	000
03.01	*OTHER	€	17452.16 (2452,16+15000)
Incomes		€	17852.16

INCOMES



● MEMBERSHIP FEE ● PARTICIPATION FEE ● SANCTION FEE ● ANTI DOPING FEE ●
OTHER

*Cash payment at the bank, payment by

Approved unanimously: YES : 17 . NO: 00.

Treasurer : Hamid Jamal

African Powerlifting Federation Budget for 2021

Memberships	200 €	15	3000 €
Competition Entry fees	40 €	150	6000 €
Doping fee	60 €	150	9000 €
Sanction for competition			200 €
IPF Budget for development of the APF			15000 €
			33200 €

Entry fee to organiser	20 €	150	3000 €
IPF for the Doping tests			9000 €
Transport for 3 officials	900 €	3	2700 €
Admin charges			300 €
Admin fees to Executive Committee activities.	250 €	5	1250 €
			16250 €

TOTAL 33200 - 16250 = 16950 €

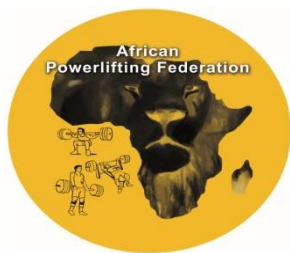
TOTAL 16950 + 16902,76 = 33852,76 €

Approved unanimously: YES : 17 . NO: 00.

[ANNUAL REPORT
2020]

January 2021 mail
voting

African Powerlifting Federation



www.powerlifting-african.com

Nom de la Société:	AFRICAN POWERLIFTING FEDERATION
Account Name:	AFRICAN POWERLIFTING FEDERATION
IBAN:	LU74 0019 5655 6604 3000
Swift code (BIC):	BCEELULLXXX
Beneficiary Bank:	Caisse d'Epargne de l'Etat du Luxembourg Place de Metz L-2954 Luxembourg
Member:	INTERNATIONAL POWERLIFTING FEDERATION

12/02/2020 Cash payment at the bank	2452,16 Euro
13/02/2020 Payment by IPF for development	15000,00 Euro
21/09/2020 Affiliation APF 2020 Cap Verde 2020 200,00 Euro	
26/10/2020 Affiliation APF South Africa 2020	200,00 Euro
Total	17852,16 Euro

Expenditure:

24/08/2020 Administration fees	300,00 + 9 = 309,00 Euro
05/11/2020 Cash charge	18,50 Euro
05/11/2020 travel cost France/Luxembourg)	491,00 Euro
23/11/2020 Bank charge	8,40
Euro	
23/12/2020 Bank card fees	122,50
Euro	
Total	949,40 Euro

31/12/2020 Total in the bank account	16902,76 Euro
--------------------------------------	----------------------

Approved unanimously: YES : 17 . NO: 00.

Audit report APF 2020

The audit was done by sending documents by email.

The accounts are correct and correspond to the activity of the Federation.

The expenses correspond to the invoices.

Entries are fair and complete.

Opening a bank account allows for full transparency and traceability of money movements.

Rapport d'audit APF 2020

L'audit a été faite par l'envoi des documents par mail.

Les comptes sont corrects et correspondent à l'activité de la Fédération.

Les dépenses correspondent aux factures.

Les entrées sont justes et complètes.

L'ouverture du compte en banque permet la totale transparence et la traçabilité des mouvements d'argent.

Le 7th January 2020
Xavier de PUYTORAC
Auditeur Compte APF

Approved unanimously: YES : 17 . NO: 00.

Secretary general report :

I wish this report finds everyone geate and in a good health! 2020 was an anprecedented year, we had endured a difficult time, and still enduring the pandemic effects, due to the Pandemic, we were obliged to cancel our principal and unique annual event, which is the all African championships, and it is essentially the sole opportunity for us to meet and discuss about our federation interests, the IPF events were cancelled as well for the same reason. First of all I would like to thank El mamoun APF president, and all my Dear EC members for the good coordination that has marked our work , and lived during this last year 2020, a coordination by changing our ideas and proposals which all aim for the benefit of our growing federation.

want to thank you also for taking time to prepare and send me your annual reports, despite the health situation concers, these APF annual reports, allowed me to be ready and share it with our affiliate members.

My thanks go as well to our affiliate nations, for the interest they assure to reply our emails and participate to the interactions, I am aware as well about what you have passed last year in many aspects,relative losses, no activities with our discipline ,powerlifting, financial restrictions, I am sure with the covid-19 vaccine , this will remain as a bad experience we have endured.

Despite the woldwide lockdown, as a secretary general, I continued to work , first with my colleagues EC members and interact with them whenever it was necessary, both by phone and mails:

- with President El mamoun, where I continually heve the prevelege to discuss and look for the major actions to do with the EC activities, and affiliate members concernes.
- with Heather,IPF board member for matters related to our federation ,Affiliate federations datas, contact datas, historical datas. And for preparing the zoom meetings, where she made big efforts to make them happen.

- with Hamid the treasurer to coordinate about nations old and new affiliations .
- With Hannie technical chairman, in regard to aspect related to the African championships and it's scheduling and postponing .
- With Marie law and legislation chairman, about the our constitution updating, and about the new proposals, specific to our region, Africa .
- This year 2020, beside the mails exchanged ,I participate to the EC members virtual meetings, two meetings held by video conference where the IPF Present Gaston Parage were invited to participate and give his important guidances to our region the meetings were held to decide about important decisions, championships, world game qualification , university championship, managing 2020 finacial aspect Ect.

This last year even though there where no activity in term of organizing competitions, but there were multiple positive things that happened to our growing federation.

Africa Powerlifting Federation ,APF, has :

- A bank account opened, this will help managing our finance with more professionalism, transparency .
- Implemented university powerlifting championship, combined with our African championships, where each nation is required to bring university lifters preparing them for the first world IPF university championship.
- A new member nation joined IPF and in its way for joining APF, Uganda welcome to our regional world recognized powerlifting Federation.
- two of our EC members being , one voted and rewarded a hall of fame, Hannie Smith. **Congratulations Hannie.**

And the second appointed law and legislation commission member, Moahammed Marie.

Congratulations Marie.

I hope that 2021 will be the year where we reach our main goals, and which will bring our growing federation to meet the IPF standards , I mean by this this:

- The implementation of the electronic nomination of our championships.

- Increase member nations taking part in the African championships.
- Scheduling other events for more activity.
- Continue working with the strategic plan, and bringing other potential nations to affiliate.

Before closing my report I want to reiterate my satisfaction for the coordinate work we had in the APF board staff, I want to personally thank everyone for his cooperation , EC members, Member nations, and the input Gaston Parage usually does for our federation .

A, Kamel, E, Nedjah .
Secretary General.
African Powerlifting Federation .

Approved unanimously: YES : 17 . NO: 00.

TECHNICAL CHAIRMAN REPORT 2020

The Year 2020 is almost something in the past.

All the World Championships were cancelled because of the Corona Virus pandemic.

Only a few changes were made in the technical rules.

The Women bodyweight class 72kg were change to 69kg & 76kg. Next year will be a big challenge for all the lifters and officials to attend championships around the world in the second half of 2021. I received a couple of email regarding rules and gear and answered them hopefully to everyone's satisfaction. I am looking forward to see everyone in 2021.

Thank you.
 Johan Smith
 TC Chairman

Approved unanimously: YES : 17 . NO: 00.

Report from Chairman of Law Committee

Chairman of law committee **Mohamed Marie** has been elected as a EC member at the African powerlifting federation through the elections that had been held in potecfstroom south Africa October 2019 .

The duty of chairman of law committee is created and updated the African powerlifting constitution And review the Constitutions of national powerlifting federations

Since the chairman of law committee has been elected he updated the APF constitution with a great help of

Mr Mamoun Mohamed the APF president And **Mr Kamel Nedjah** the APF general secretary .

The updated constitution now is under review and discussion from the EC APF members to create the new APF constitution.

Also the chairman of law committee is standby any time to review the constitutions of national federations members of APF Also review constitution of new African nations that attend to be members in APF and IPF.

Best regards

Chairman of law committee

Mohamed Marie

Approved unanimously: YES : 17 . NO: 00.

Elections:

There is no election this year.

Action on proposed amendments

APF Constitution update to IPF, and proposals are ready to be discussed by EC members, and submitted to IPF specialized commission, and finally submitted to the next APF general Assembly for granting.

New Member Applicants

Uganda has applied to affiliate , the general assembly is requested to accept Uganda as a provisional member .

Approved unanimously: YES : 17 . NO: 00.

Delinquent Nations

Actions are in progress to urge some nations to pay their arrears.

Hall of Fame

No proposition this year.

15/01/2021

Future Championships:

Date	event	umbrella	place	country
23-27june 2021	All African powerlifting, bench press, and university championships	APF	Potchefstroom	South Africa
October 2022	all African powerlifting, bench press, and university championships	APF	Bid	Bid
October 2023	All African powerlifting, bench press, and university championships.	APF	Bid	Bid

Approved unanimously: YES : 17 . NO: 00.

Any Other Business

Adjournment

=====

Kamel Nedjah

Secretary General

African Powerlifting federation.