

AFRICAN POWERLIFTING FEDERATION



Affiliated to the International Powerlifting Federation

CERTIFICATE

This is to certify that

Farrag Ahmed

of the Nation

Egypt

has participated at the

*African Powerlifting 2019 Men's Classic Bench Press
Championships*

held in *Potchefstroom/South Africa*

from *01 - 05 October 2019*

as *Athlete* has achieved *1st place*

in the category *-105kg* with *115.0kg*

Elmamoun Mohammed

President APF

Kamel Nedjah

Secretary General APF

AFRICAN POWERLIFTING FEDERATION



Affiliated to the International Powerlifting Federation

CERTIFICATE

This is to certify that

Nasreldin Hassan

of the Nation

Egypt

has participated at the

*African Powerlifting 2019 Men's Classic Bench Press
Championships*

held in *Potchefstroom/South Africa*

from *01 - 05 October 2019*

as *Athlete* has achieved *2nd place*

in the category *120+kg* with *150.0kg*

Elmamoun Mohammed

President APF

Kamel Nedjah

Secretary General APF