

AFRICAN POWERLIFTING FEDERATION



Affiliated to the International Powerlifting Federation

CERTIFICATE

This is to certify that

Qilingele Mbas

of the Nation

South Africa

has participated at the

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

held in *Potchefstroom/South Africa*

from *02 - 05 October 2019*

as *Athlete*

has achieved *1st place*

in the category *-72kg*

with *72.5kg*

Elmamoun Mohammed

President APF

Kamel Nedjah

Secretary General APF