

# AFRICAN POWERLIFTING FEDERATION



Affiliated to the International Powerlifting Federation

## CERTIFICATE

**This is to certify that**

*Rhode Elmone*

**of the Nation**

*Namibia*

**has participated at the**

*African Powerlifting 2019 Women's Classic Powerlifting  
Championships*

**held in *Potchefstroom/South Africa***

**from *01 - 05 October 2019***

**as *Athlete***

**has achieved *2nd place***

**in the category *-72kg***

**with *277.5kg***

*Elmamoun Mohammed*

President APF

*Kamel Nedjah*

Secretary General APF