

AFRICAN POWERLIFTING FEDERATION



Affiliated to the International Powerlifting Federation

CERTIFICATE

This is to certify that

Van der Linde Glen

of the Nation

South Africa

has participated at the

African Powerlifting 2019 Men's Equipped Bench Press Championships

held in *Potchefstroom/South Africa*

from *02 - 05 October 2019*

as *Athlete*

has achieved *1st place*

in the category *-74kg*

with *135.0kg*

Elmamoun Mohammed

President APF

Kamel Nedjah

Secretary General APF

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in the category *-66kg*

with *125.0kg*

Elmamoun Mohammed

President APF

Kamel Nedjah

Secretary General APF