

AFRICAN POWERLIFTING FEDERATION



Affiliated to the International Powerlifting Federation

CERTIFICATE

This is to certify that

Leighton Megan

of the Nation

South Africa

has participated at the

African Powerlifting 2019 Women's Equipped Bench Press Championships

held in *Potchefstroom/South Africa*

from *02 - 05 October 2019*

as *Athlete*

has achieved *1st place*

in the category *-63kg*

with *105.0kg*

Elmamoun Mohammed

President APF

Kamel Nedjah

Secretary General APF

AFRICAN POWERLIFTING FEDERATION



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CERTIFICATE

This is to certify that

De Jager Christi

of the Nation

South Africa

has participated at the

African Powerlifting 2019 Women's Equipped Bench Press Championships

held in *Potchefstroom/South Africa*

from *02 - 05 October 2019*

as *Athlete* has achieved *1st place*

in the category *84+kg* with *145.0kg*

Elmamoun Mohammed

President APF

Kamel Nedjah

Secretary General APF

AFRICAN POWERLIFTING FEDERATION



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CERTIFICATE

This is to certify that

Rees Jacqui

of the Nation

South Africa

has participated at the

African Powerlifting 2019 Women's Equipped Bench Press Championships

held in *Potchefstroom/South Africa*

from *02 - 05 October 2019*

as *Athlete* has achieved *2nd place*

in the category *84+kg* with *120.0kg*

Elmamoun Mohammed

President APF

Kamel Nedjah

Secretary General APF

AFRICAN POWERLIFTING FEDERATION



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CERTIFICATE

This is to certify that

Green Nicola

of the Nation

South Africa

has participated at the

African Powerlifting 2019 Women's Equipped Bench Press Championships

held in *Potchefstroom/South Africa*

from *02 - 05 October 2019*

as *Athlete* has achieved *1st place*

in the category *-84kg* with *125.0kg*

Elmamoun Mohammed

President APF

Kamel Nedjah

Secretary General APF