

African Powerlifting Federation

Record Certificate

This is to certify that

Steven Coleman

Of the nation

South Africa

On the 24th day of May 2025
achieved a Bench Press of 112,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic and Equipped Bench Press Championships
in Drammen, Norway

This constitutes an African Record
in the -59kg weight division, Classic Men's Master 1 Bench Press Only
class.

Dated this 24th day of May 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Stanford Thompson

Of the nation

South Africa

On the 24th day of May 2025
achieved a Bench Press of 195kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic and Equipped Bench Press Championships
in Drammen, Norway

This constitutes an African Record
in the 120+kg weight division, Classic Men's Junior Bench Press Only
class.

Dated this 24th day of May 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

