

# African Powerlifting Federation

## Record Certificate

This is to certify that

**Stanford Thompson**

Of the nation

**South Africa**

On the 28th day of November 2025  
achieved a Bench Press of 195,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2025 African Classic Powerlifting Championships  
in Tunis, Tunisia

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

Dated this 28th day of November 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Lisa Stander**

Of the nation

**South Africa**

On the 28th day of November 2025  
achieved a Squat of 152,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2025 African Classic Powerlifting Championships  
in Tunis, Tunisia

This constitutes an African Record  
in the -76kg weight division, Classic Women's Subjunior class.

Dated this 28th day of November 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Lisa Stander**

Of the nation

**South Africa**

On the 28th day of November 2025  
achieved a Bench Press of 82,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2025 African Classic Powerlifting Championships  
in Tunis, Tunisia

This constitutes an African Record  
in the -76kg weight division, Classic Women's Subjunior class.

Dated this 28th day of November 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Lisa Stander**

Of the nation

**South Africa**

On the 28th day of November 2025  
achieved a Bench Press of 82,5kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2025 African Classic Powerlifting Championships  
in Tunis, Tunisia

This constitutes an African Record  
in the -76kg weight division, Classic Women's Subjunior Bench Press  
only class.

Dated this 28th day of November 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Lisa Stander**

Of the nation

**South Africa**

On the 28th day of November 2025  
achieved a Deadlift of 210kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2025 African Classic Powerlifting Championships  
in Tunis, Tunisia

This constitutes an African Record  
in the -76kg weight division, Classic Women's Subjunior class.  
Dated this 28th day of November 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Lisa Stander**

Of the nation

**South Africa**

On the 28th day of November 2025  
achieved a Total of 445kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2025 African Classic Powerlifting Championships  
in Tunis, Tunisia

This constitutes an African Record  
in the -76kg weight division, Classic Women's Subjunior class.

Dated this 28th day of November 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



# African Powerlifting Federation

## Record Certificate

This is to certify that

**Lisa Stander**

Of the nation

**South Africa**

On the 28th day of November 2025  
achieved a Deadlift of 210kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2025 African Classic Powerlifting Championships  
in Tunis, Tunisia

This constitutes an African Record  
in the -76kg weight division, Classic Women's Junior class.

Dated this 28th day of November 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

# African Powerlifting Federation

## Record Certificate

This is to certify that

**Lisa Stander**

Of the nation

**South Africa**

On the 28th day of November 2025  
achieved a Total of 445kg in accordance  
with the rules of the  
International Powerlifting Federation  
at the 2025 African Classic Powerlifting Championships  
in Tunis, Tunisia

This constitutes an African Record  
in the -76kg weight division, Classic Women's Junior class.

Dated this 28th day of November 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton