

African Powerlifting Federation

Record Certificate

This is to certify that

Farzana Botha

Of the nation

South Africa

On the 19th day of October 2025
achieved a Deadlift of 160kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -52kg weight division, Classic Women's Open class.
Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Farzana Botha

Of the nation

South Africa

On the 19th day of October 2025
achieved a Squat of 105kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -52kg weight division, Classic Women's Master 1 class.
Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Farzana Botha

Of the nation

South Africa

On the 19th day of October 2025
achieved a Bench Press of 67,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -52kg weight division, Classic Women's Master 1 class.
Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Farzana Botha

Of the nation

South Africa

On the 19th day of October 2025
achieved a Deadlift of 160kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -52kg weight division, Classic Women's Master 1 class.
Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Farzana Botha

Of the nation

South Africa

On the 19th day of October 2025
achieved a Total of 332,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -52kg weight division, Classic Women's Master 1 class.
Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Farzana Botha

Of the nation

South Africa

On the 19th day of October 2025
achieved a Bench Press of 67,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -52kg weight division, Classic Women's Master 1 Bench Press
only class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Kristl-Joy Kannemeyer

Of the nation

South Africa

On the 19th day of October 2025
achieved a Bench Press of 92,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -69kg weight division, Classic Women's Master 1 class.
Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Kristl-Joy Kannemeyer

Of the nation

South Africa

On the 19th day of October 2025
achieved a Bench Press of 92,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -69kg weight division, Classic Women's Master 1 Bench Press
only class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Kristl-Joy Kannemeyer

Of the nation

South Africa

On the 19th day of October 2025
achieved a Deadlift of 165kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -69kg weight division, Classic Women's Master 1 class.
Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Kristl-Joy Kannemeyer

Of the nation

South Africa

On the 19th day of October 2025
achieved a Total of 397,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -69kg weight division, Classic Women's Master 1 class.
Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Phokwane Moloele

Of the nation

South Africa

On the 19th day of October 2025
achieved a Bench Press of 82,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -84kg weight division, Classic Women's Master 1 class.
Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Phokwane Moloele

Of the nation

South Africa

On the 19th day of October 2025
achieved a Bench Press of 82,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -84kg weight division, Classic Women's Master 1 Bench Press
only class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Jodi Poxon

Of the nation

South Africa

On the 19th day of October 2025
achieved a Bench Press of 67,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -84kg weight division, Classic Women's Master 2 class.
Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Jodi Poxon

Of the nation

South Africa

On the 19th day of October 2025
achieved a Bench Press of 67,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -84kg weight division, Classic Women's Master 2 Bench Press
only class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Antoinette Kriel

Of the nation

South Africa

On the 19th day of October 2025
achieved a Squat of 132,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -57kg weight division, Classic Women's Master 2 class.
Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Antoinette Kriel

Of the nation

South Africa

On the 19th day of October 2025
achieved a Bench Press of 85kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -57kg weight division, Classic Women's Master 2 class.
Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Antoinette Kriel

Of the nation

South Africa

On the 19th day of October 2025
achieved a Deadlift of 182,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -57kg weight division, Classic Women's Master 2 class.
Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Antoinette Kriel

Of the nation

South Africa

On the 19th day of October 2025
achieved a Total of 400kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -57kg weight division, Classic Women's Master 2 class.
Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Antoinette Kriel

Of the nation

South Africa

On the 19th day of October 2025
achieved a Squat of 132,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -57kg weight division, Classic Women's Master 1 class.
Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Antoinette Kriel

Of the nation

South Africa

On the 19th day of October 2025
achieved a Bench Press of 85kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -57kg weight division, Classic Women's Master 1 class.
Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Antoinette Kriel

Of the nation

South Africa

On the 19th day of October 2025
achieved a Deadlift of 182,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -57kg weight division, Classic Women's Master 1 class.
Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Antoinette Kriel

Of the nation

South Africa

On the 19th day of October 2025
achieved a Total of 400kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -57kg weight division, Classic Women's Master 1 class.
Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Antoinette Kriel

Of the nation

South Africa

On the 19th day of October 2025
achieved a Bench Press of 85kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -57kg weight division, Classic Women's Open class.
Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Antoinette Kriel

Of the nation

South Africa

On the 19th day of October 2025
achieved a Deadlift of 182,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -57kg weight division, Classic Women's Open class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Antoinette Kriel

Of the nation

South Africa

On the 19th day of October 2025
achieved a Total of 400kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -57kg weight division, Classic Women's Open class.
Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Antoinette Kriel

Of the nation

South Africa

On the 19th day of October 2025
achieved a Bench Press of 85kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -57kg weight division, Classic Women's Open Bench Press only
class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation Record Certificate

This is to certify that

Antoinette Kriel

Of the nation

South Africa

On the 19th day of October 2025
achieved a Bench Press of 85kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -57kg weight division, Classic Women's Master 1 Bench Press
only class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation Record Certificate

This is to certify that

Antoinette Kriel

Of the nation

South Africa

On the 19th day of October 2025
achieved a Bench Press of 85kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -57kg weight division, Classic Women's Master 2 Bench Press
only class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Fiona Hickman

Of the nation

South Africa

On the 19th day of October 2025
achieved a Bench Press of 65kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -84kg weight division, Classic Women's Master 3 Bench Press
only class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Fiona Hickman

Of the nation

South Africa

On the 19th day of October 2025
achieved a Squat of 120kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -84kg weight division, Classic Women's Master 3 class.
Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Fiona Hickman

Of the nation

South Africa

On the 19th day of October 2025
achieved a Bench Press of 65kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -84kg weight division, Classic Women's Master 3 class.
Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Fiona Hickman

Of the nation

South Africa

On the 19th day of October 2025
achieved a Deadlift of 142,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -84kg weight division, Classic Women's Master 3 class.
Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Fiona Hickman

Of the nation

South Africa

On the 19th day of October 2025
achieved a Total of 327,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -84kg weight division, Classic Women's Master 3 class.
Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Fiona Hickman

Of the nation

South Africa

On the 19th day of October 2025
achieved a Squat of 120kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -84kg weight division, Classic Women's Master 2 class.
Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Fiona Hickman

Of the nation

South Africa

On the 19th day of October 2025
achieved a Deadlift of 142,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -84kg weight division, Classic Women's Master 2 class.
Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Fiona Hickman

Of the nation

South Africa

On the 19th day of October 2025
achieved a Total of 327,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -84kg weight division, Classic Women's Master 2 class.
Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Dan Oppenheim

Of the nation

South Africa

On the 19th day of October 2025
achieved a Squat of 135kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -83kg weight division, Classic Men's Master 5 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Dan Oppenheim

Of the nation

South Africa

On the 19th day of October 2025
achieved a Bench Press of 82,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -83kg weight division, Classic Men's Master 5 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Dan Oppenheim

Of the nation

South Africa

On the 19th day of October 2025
achieved a Deadlift of 170kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -83kg weight division, Classic Men's Master 5 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Dan Oppenheim

Of the nation

South Africa

On the 19th day of October 2025
achieved a Total of 387,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -83kg weight division, Classic Men's Master 5 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Dan Oppenheim

Of the nation

South Africa

On the 19th day of October 2025
achieved a Bench Press of 82,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -83kg weight division, Classic Men's Master 5 Bench Press only
class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Karl Christians

Of the nation

South Africa

On the 19th day of October 2025
achieved a Squat of 145kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -66kg weight division, Classic Men's Master 3 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Karl Christians

Of the nation

South Africa

On the 19th day of October 2025
achieved a Bench Press of 70kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -66kg weight division, Classic Men's Master 3 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Karl Christians

Of the nation

South Africa

On the 19th day of October 2025
achieved a Deadlift of 200kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -66kg weight division, Classic Men's Master 3 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Karl Christians

Of the nation

South Africa

On the 19th day of October 2025
achieved a Total of 415kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -66kg weight division, Classic Men's Master 3 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Ian Hacker

Of the nation

South Africa

On the 19th day of October 2025
achieved a Squat of 207,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -74kg weight division, Classic Men's Master 3 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Ian Hacker

Of the nation

South Africa

On the 19th day of October 2025
achieved a Bench Press of 117,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -74kg weight division, Classic Men's Master 3 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Ian Hacker

Of the nation

South Africa

On the 19th day of October 2025
achieved a Deadlift of 215kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -74kg weight division, Classic Men's Master 3 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Ian Hacker

Of the nation

South Africa

On the 19th day of October 2025
achieved a Total of 540kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -74kg weight division, Classic Men's Master 3 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Ian Hacker

Of the nation

South Africa

On the 19th day of October 2025
achieved a Squat of 207,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -74kg weight division, Classic Men's Master 2 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Ebrahim Mobara

Of the nation

South Africa

On the 19th day of October 2025
achieved a Squat of 187,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -83kg weight division, Classic Men's Master 3 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Ebrahim Mobara

Of the nation

South Africa

On the 19th day of October 2025
achieved a Deadlift of 220kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -83kg weight division, Classic Men's Master 3 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Ebrahim Mobara

Of the nation

South Africa

On the 19th day of October 2025
achieved a Total of 515kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -83kg weight division, Classic Men's Master 3 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Ebrahim Mobara

Of the nation

South Africa

On the 19th day of October 2025
achieved a Squat of 187,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -83kg weight division, Classic Men's Master 2 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Ebrahim Mobara

Of the nation

South Africa

On the 19th day of October 2025
achieved a Deadlift of 220kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -83kg weight division, Classic Men's Master 2 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Ebrahim Mobara

Of the nation

South Africa

On the 19th day of October 2025
achieved a Total of 515kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -83kg weight division, Classic Men's Master 2 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Denis Bensch

Of the nation

South Africa

On the 19th day of October 2025
achieved a Squat of 235kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the 120+kg weight division, Classic Men's Master 3 class.
Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Denis Bensch

Of the nation

South Africa

On the 19th day of October 2025
achieved a Bench Press of 145kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the 120+kg weight division, Classic Men's Master 3 class.
Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Denis Bensch

Of the nation

South Africa

On the 19th day of October 2025
achieved a Deadlift of 235kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the 120+kg weight division, Classic Men's Master 3 class.
Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Denis Bensch

Of the nation

South Africa

On the 19th day of October 2025
achieved a Total of 615kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the 120+kg weight division, Classic Men's Master 3 class.
Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Denis Bensch

Of the nation

South Africa

On the 19th day of October 2025
achieved a Bench Press of 145kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the 120+kg weight division, Classic Men's Master 3 Bench Press only
class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Denis Bensch

Of the nation

South Africa

On the 19th day of October 2025
achieved a Squat of 235kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the 120+kg weight division, Classic Men's Master 2 class.
Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Marlon Daniels

Of the nation

South Africa

On the 19th day of October 2025
achieved a Squat of 228kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -74kg weight division, Classic Men's Master 2 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Marlon Daniels

Of the nation

South Africa

On the 19th day of October 2025
achieved a Bench Press of 140kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -74kg weight division, Classic Men's Master 2 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Marlon Daniels

Of the nation

South Africa

On the 19th day of October 2025
achieved a Deadlift of 240kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -74kg weight division, Classic Men's Master 2 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Marlon Daniels

Of the nation

South Africa

On the 19th day of October 2025
achieved a Total of 608kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -74kg weight division, Classic Men's Master 2 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Marlon Daniels

Of the nation

South Africa

On the 19th day of October 2025
achieved a Bench Press of 140kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -74kg weight division, Classic Men's Master 2 Bench Press only
class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Marlon Daniels

Of the nation

South Africa

On the 19th day of October 2025
achieved a Bench Press of 140kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -74kg weight division, Classic Men's Master 1 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Mogamat Kader

Of the nation

South Africa

On the 19th day of October 2025
achieved a Squat of 255kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -120kg weight division, Classic Men's Master 2 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Mogamat Kader

Of the nation

South Africa

On the 19th day of October 2025
achieved a Bench Press of 162,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -120kg weight division, Classic Men's Master 2 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Mogamat Kader

Of the nation

South Africa

On the 19th day of October 2025
achieved a Total of 677,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -120kg weight division, Classic Men's Master 2 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Hermanus de Beer

Of the nation

South Africa

On the 19th day of October 2025
achieved a Deadlift of 285kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -120kg weight division, Classic Men's Master 2 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Nathan Michael-Steyn

Of the nation

South Africa

On the 19th day of October 2025
achieved a Squat of 205kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -66kg weight division, Classic Men's Master 1 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Enrico Johnson

Of the nation

South Africa

On the 19th day of October 2025
achieved a Bench Press of 120kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -66kg weight division, Classic Men's Master 1 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Enrico Johnson

Of the nation

South Africa

On the 19th day of October 2025
achieved a Deadlift of 232,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -66kg weight division, Classic Men's Master 1 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Enrico Johnson

Of the nation

South Africa

On the 19th day of October 2025
achieved a Total of 552,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Classic Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -66kg weight division, Classic Men's Master 1 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Tommie de Nysschen

Of the nation

South Africa

On the 19th day of October 2025
achieved a Squat of 175kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Equipped Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -83kg weight division, Classic Men's Master 3 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Tommie de Nysschen

Of the nation

South Africa

On the 19th day of October 2025
achieved a Bench Press of 170kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Equipped Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -83kg weight division, Equipped Men's Master 3 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Tommie de Nysschen

Of the nation

South Africa

On the 19th day of October 2025
achieved a Total of 505kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Equipped Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -83kg weight division, Equipped Men's Master 3 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Tommie de Nysschen

Of the nation

South Africa

On the 19th day of October 2025
achieved a Bench Press of 170kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Equipped Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -83kg weight division, Equipped Men's Master 3 Bench Press only
class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Tommie de Nysschen

Of the nation

South Africa

On the 19th day of October 2025
achieved a Bench Press of 170kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Equipped Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -83kg weight division, Equipped Men's Master 2 Bench Press only
class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Tommie de Nysschen

Of the nation

South Africa

On the 19th day of October 2025
achieved a Bench Press of 170kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Equipped Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -83kg weight division, Equipped Men's Master 1 Bench Press only
class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Tommie de Nysschen

Of the nation

South Africa

On the 19th day of October 2025
achieved a Bench Press of 170kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Equipped Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -83kg weight division, Equipped Men's Open Bench Press only
class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Tommie de Nysschen

Of the nation

South Africa

On the 19th day of October 2025
achieved a Squat of 175kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Equipped Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -83kg weight division, Equipped Men's Master 2 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Tommie de Nysschen

Of the nation

South Africa

On the 19th day of October 2025
achieved a Squat of 175kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Equipped Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -83kg weight division, Equipped Men's Master 1 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Tommie de Nysschen

Of the nation

South Africa

On the 19th day of October 2025
achieved a Squat of 175kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Equipped Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -83kg weight division, Equipped Men's Open class.
Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Tommie de Nysschen

Of the nation

South Africa

On the 19th day of October 2025
achieved a Bench Press of 170kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Equipped Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -83kg weight division, Equipped Men's Master 2 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Tommie de Nysschen

Of the nation

South Africa

On the 19th day of October 2025
achieved a Bench Press of 170kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Equipped Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -83kg weight division, Equipped Men's Master 1 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Tommie de Nysschen

Of the nation

South Africa

On the 19th day of October 2025
achieved a Bench Press of 170kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Equipped Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -83kg weight division, Equipped Men's Open class.
Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Tommie de Nysschen

Of the nation

South Africa

On the 19th day of October 2025
achieved a Bench Press of 505kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Equipped Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -83kg weight division, Equipped Men's Master 2 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Tommie de Nysschen

Of the nation

South Africa

On the 19th day of October 2025
achieved a Bench Press of 505kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Equipped Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -83kg weight division, Equipped Men's Master 1 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Tommie de Nysschen

Of the nation

South Africa

On the 19th day of October 2025
achieved a Bench Press of 505kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Equipped Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -83kg weight division, Equipped Men's Open class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Hermanus de Beer

Of the nation

South Africa

On the 19th day of October 2025
achieved a Squat of 220kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Equipped Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -120kg weight division, Equipped Men's Master 2 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Hermanus de Beer

Of the nation

South Africa

On the 19th day of October 2025
achieved a Bench Press of 175kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Equipped Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -120kg weight division, Equipped Men's Master 2 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Hermanus de Beer

Of the nation

South Africa

On the 19th day of October 2025
achieved a Deadlift of 285kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Equipped Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -120kg weight division, Equipped Men's Master 2 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Hermanus de Beer

Of the nation

South Africa

On the 19th day of October 2025
achieved a Total of 680kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Equipped Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -120kg weight division, Equipped Men's Master 2 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Hermanus de Beer

Of the nation

South Africa

On the 19th day of October 2025
achieved a Squat of 220kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Equipped Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -120kg weight division, Equipped Men's Master 1 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Hermanus de Beer

Of the nation

South Africa

On the 19th day of October 2025
achieved a Bench Press of 175kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Equipped Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -120kg weight division, Equipped Men's Master 1 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Hermanus de Beer

Of the nation

South Africa

On the 19th day of October 2025
achieved a Deadlift of 285kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Equipped Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -120kg weight division, Equipped Men's Master 1 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Hermanus de Beer

Of the nation

South Africa

On the 19th day of October 2025
achieved a Total of 680kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Equipped Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -120kg weight division, Equipped Men's Master 1 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

John Crain

Of the nation

South Africa

On the 19th day of October 2025
achieved a Squat of 245kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Equipped Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the 120+kg weight division, Equipped Men's Master 2 class.
Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

John Crain

Of the nation

South Africa

On the 19th day of October 2025
achieved a Bench Press of 210kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Equipped Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the 120+kg weight division, Equipped Men's Master 2 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

John Crain

Of the nation

South Africa

On the 19th day of October 2025
achieved a Deadlift of 265kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Equipped Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the 120+kg weight division, Equipped Men's Master 2 class.
Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

John Crain

Of the nation

South Africa

On the 19th day of October 2025
achieved a Total of 720kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Equipped Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the 120+kg weight division, Equipped Men's Master 2 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

John Crain

Of the nation

South Africa

On the 19th day of October 2025
achieved a Deadlift of 265kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Equipped Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the 120+kg weight division, Equipped Men's Master 1 class.
Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Simon Breetzke

Of the nation

South Africa

On the 19th day of October 2025
achieved a Bench Press of 282,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Equipped Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the 120+kg weight division, Equipped Men's Master 1 class.
Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Laura de Wet

Of the nation

South Africa

On the 19th day of October 2025
achieved a Deadlift of 200kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Equipped Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -69kg weight division, Equipped Women's Master 2 class.
Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Laura de Wet

Of the nation

South Africa

On the 19th day of October 2025
achieved a Total of 475kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Equipped Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -69kg weight division, Equipped Women's Master 2 class.
Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Laura de Wet

Of the nation

South Africa

On the 19th day of October 2025
achieved a Deadlift of 200kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Equipped Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -69kg weight division, Equipped Women's Master 1 class.
Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Laura de Wet

Of the nation

South Africa

On the 19th day of October 2025
achieved a Total of 475kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Equipped Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -69kg weight division, Equipped Women's Master 1 class.
Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Laura de Wet

Of the nation

South Africa

On the 19th day of October 2025
achieved a Deadlift of 200kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Equipped Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -69kg weight division, Equipped Women's Open class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Laura de Wet

Of the nation

South Africa

On the 19th day of October 2025
achieved a Total of 475kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Equipped Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -69kg weight division, Equipped Women's Open class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Chantelle du Toit

Of the nation

South Africa

On the 19th day of October 2025
achieved a Bench Press of 112,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Equipped Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -84kg weight division, Equipped Women's Master 1 Bench Press
only class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Chantelle du Toit

Of the nation

South Africa

On the 19th day of October 2025
achieved a Squat of 172,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Equipped Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -84kg weight division, Equipped Women's Master 1 class.
Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Chantelle du Toit

Of the nation

South Africa

On the 19th day of October 2025
achieved a Bench Press of 112,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Equipped Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -84kg weight division, Equipped Women's Master 1 class.
Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Chantelle du Toit

Of the nation

South Africa

On the 19th day of October 2025
achieved a Deadlift of 150kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Equipped Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -84kg weight division, Equipped Women's Master 1 class.
Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Chantelle du Toit

Of the nation

South Africa

On the 19th day of October 2025
achieved a Total of 435kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Equipped Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -84kg weight division, Equipped Women's Master 1 class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Chantelle du Toit

Of the nation

South Africa

On the 19th day of October 2025
achieved a Squat of 172,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Equipped Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -84kg weight division, Equipped Women's Open class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Chantelle du Toit

Of the nation

South Africa

On the 19th day of October 2025
achieved a Bench Press of 112,5kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Equipped Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -84kg weight division, Equipped Women's Open class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Chantelle du Toit

Of the nation

South Africa

On the 19th day of October 2025
achieved a Deadlift of 150kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Equipped Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -84kg weight division, Equipped Women's Open class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton



African Powerlifting Federation

Record Certificate

This is to certify that

Chantelle du Toit

Of the nation

South Africa

On the 19th day of October 2025
achieved a Total of 435kg in accordance
with the rules of the
International Powerlifting Federation
at the 2025 World Equipped Masters Powerlifting Championships
in Cape Town, South Africa

This constitutes an African Record
in the -84kg weight division, Equipped Women's Open class.

Dated this 19th day of October 2025



APF President, Kamel Nedjah



APF Record Keeper, Heather Leighton

