



Aldo Botha

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 82.5 kg Division

with a

BENCH PRESS of **160.0 kg**



Silver

Incentive Badge

Chairman

Gauteng

Powerlifting Federation



Christine Mhlongo

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 44.0 kg Division

with a

BENCH PRESS of **62.5 kg**



Silver

Incentive Badge

Chairman

Gauteng

Powerlifting Federation



Clifford Hayim

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 75.0 kg Division

with a



BENCH PRESS of 137.5 kg

Bronze Incentive Badge

Chairman

Gauteng

Powerlifting Federation



Clive Joseph

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 110.0 kg Division

with a

BENCH PRESS of **172.5 kg**



Bronze

Incentive Badge

Chairman

Gauteng

Powerlifting Federation

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

Colin De Bruyn

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 110.0 kg Division

with a

BENCH PRESS of 172.5 kg



Bronze

Incentive Badge

Chairman

Gauteng

Powerlifting Federation



Derek Allen

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 90.0 kg Division

with a

BENCH PRESS of **185.0 kg**



Elite 1

Incentive Badge

Chairman

Gauteng

Powerlifting Federation



Gary Katzen

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 100.0 kg Division

with a

BENCH PRESS of 175.0 kg



Silver

Incentive Badge

Chairman

Gauteng

Powerlifting Federation



George Mahlakwane

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 82.5 kg Division

with a

BENCH PRESS of **210.0 kg**



Elite 4

Incentive Badge

Chairman

Gauteng

Powerlifting Federation

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

Henk de Wet

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 100.0 kg Division

with a

BENCH PRESS of 172.5 kg



Bronze

Incentive Badge

Chairman

Gauteng

Powerlifting Federation



Ian Furman

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 125.0 kg Division

with a

BENCH PRESS of **235.0 kg**



Elite 3

Incentive Badge

Chairman

Gauteng

Powerlifting Federation

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

Jonathan Featherston

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 110.0 kg Division

with a

BENCH PRESS of 192.5 kg



Silver

Incentive Badge

Chairman

Gauteng

Powerlifting Federation



Jonathan Kariv

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 67.5 kg Division

with a

BENCH PRESS of 150.0 kg



Elite 1

Incentive Badge

Chairman

Gauteng

Powerlifting Federation

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

Junko Kitamuro

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 48.0 kg Division

with a

BENCH PRESS of 80.0 kg



Elite 2

Incentive Badge

Chairman

Gauteng

Powerlifting Federation

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

Kirsten Wright

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 52.0 kg Division

with a

BENCH PRESS of 117.5 kg



Elite 1

Incentive Badge

Chairman

Gauteng

Powerlifting Federation



Lino de Rosa

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 90.0 kg Division

with a

BENCH PRESS of **157.5 kg**



Bronze

Incentive Badge

Chairman

Gauteng

Powerlifting Federation



Mark Phillips

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 100.0 kg Division

with a

BENCH PRESS of **165.0 kg**



Bronze

Incentive Badge

Chairman

Gauteng

Powerlifting Federation

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

Marlon Daniels

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 67.5 kg Division

with a

BENCH PRESS of 155.0 kg



Elite 2

Incentive Badge

Chairman

Gauteng

Powerlifting Federation

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

Mathew Cosmo

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 110.0 kg Division

with a

BENCH PRESS of 245.0 kg



Elite 4

Incentive Badge

Chairman

Gauteng

Powerlifting Federation

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

Moekie Grobelaar

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 56.0 kg Division

with a

BENCH PRESS of 95.0 kg



Elite 2

Incentive Badge

Chairman

Gauteng

Powerlifting Federation



Aldo Botha

was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 90.0 kg Division

with a



TOTAL of **647.5 kg**

Black

Incentive Badge

Chairman

Gauteng

Powerlifting Federation



Derek Allen

was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 90.0 kg Division

with a



TOTAL of **650.0 kg**

Bronze

Incentive Badge

Chairman

Gauteng

Powerlifting Federation

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

George Mahlakwane

was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 90.0 kg Division

with a



TOTAL of **655.0 kg**

Bronze

Incentive Badge

Chairman

Gauteng

Powerlifting Federation



Henk de Wet

was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 100.0 kg Division

with a



TOTAL of **715.0 kg**

Bronze

Incentive Badge

Chairman

Gauteng

Powerlifting Federation



Jonathan Kariv

was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 67.5 kg Division

with a



TOTAL of **555.0 kg**

Bronze

Incentive Badge

Chairman

Gauteng

Powerlifting Federation



Junko Kitamura

was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 52.0 kg Division

with a



TOTAL of **322.5 kg**

Silver

Incentive Badge

Chairman

Gauteng

Powerlifting Federation



Mark Phillips

was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 100.0 kg Division

with a



TOTAL of **650.0 kg**

Black

Incentive Badge

Chairman

Gauteng

Powerlifting Federation



Marlon Daniels

was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 67.5 kg Division

with a



TOTAL of **555.0 kg**

Bronze

Incentive Badge

Chairman

Gauteng

Powerlifting Federation



Mathew Cosmo

was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 110.0 kg Division

with a



TOTAL of **760.0 kg**

Bronze

Incentive Badge

Chairman

Gauteng

Powerlifting Federation