

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

Aldo Botha

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 82.5 kg Division

with a



BENCH PRESS

of

152.5 kg

2007

Bronze

Incentive Badge

Chairman

Gauteng

Powerlifting Federation

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

Derek Allen

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 90.0 kg Division

with a



BENCH PRESS

of

175.0 kg

2007

Gold

Incentive Badge

Chairman

Gauteng

Powerlifting Federation

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POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

George Mahlakwane

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 90.0 kg Division

with a



BENCH PRESS

of

190.0 kg

2007

Elite 1

Incentive Badge

Chairman

Gauteng

Powerlifting Federation

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

Harry Shomalistos

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 67.5 kg Division

with a



BENCH PRESS

of

147.5 kg

2007

Elite 1

Incentive Badge

Chairman

Gauteng

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AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

Johan Steenkamp

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 100.0 kg Division

with a



BENCH PRESS

of

182.5 kg

2007

Silver

Incentive Badge

Chairman

Gauteng

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AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

Junko Kitamura

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 52.0 kg Division

with a



BENCH PRESS

of

85.0 kg

2007

Elite 1

Incentive Badge

Chairman

Gauteng

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Gary Katzen

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 110.0 kg Division

with a



BENCH PRESS

of

182.5 kg

2007

Silver

Incentive Badge

Chairman

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Kirsten Wright

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 52.0 kg Division

with a



BENCH PRESS

of

130.0 kg

2007

Elite 3

Incentive Badge

Chairman

Gauteng

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Matthew Cosmo

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 110.0 kg Division

with a



BENCH PRESS

of

232.5 kg

2007

Elite 3

Incentive Badge

Chairman

Gauteng

Powerlifting Federation

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POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

Moekie Grobbelaar

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 52.0 kg Division

with a



BENCH PRESS

of

85.0 kg

2007

Elite 1

Incentive Badge

Chairman

Gauteng

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Ruwan Kleinsmit

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 125.0 kg Division

with a



BENCH PRESS

of

190.0 kg

2007

Silver

Incentive Badge

Chairman

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Zelt van Pletsen

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 125+ kg Division

with a



BENCH PRESS

of

225.0 kg

2007

Elite 1

Incentive Badge

Chairman

Gauteng

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Aldo Botha

was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 82.5 kg Division

with a

Squat 220.0 kg

Bench Press 152.5 kg

Dead Lift 250.0 kg

TOTAL

of

622.5 kg

2007

Bronze

Incentive Badge

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Harry Shomalistos

was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 67.5 kg Division

with a

Squat 205.0 kg

Bench Press 135.0 kg

Dead Lift 255.0 kg

TOTAL of **595.0 kg**

2007

Silver

Incentive Badge

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Henk De Wet

was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 100.0 kg Division

with a

Squat 270.0 kg

Bench Press 170.0 kg

Dead Lift 270.0 kg

TOTAL of 710.0 kg

2007

Bronze

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Johan Steenkamp

was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 100.0 kg Division

with a

Squat 252.5 kg

Bench Press 180.0 kg

Dead Lift 240.0 kg

TOTAL of **672.5 kg**

2007

Black

Incentive Badge

Chairman

Gauteng

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AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

Junko Kitamura

was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 52.0 kg Division

with a

Squat 120.0 kg

Bench Press 85.0 kg

Dead Lift 122.5 kg

TOTAL of 327.5 kg

2007

Silver

Incentive Badge

Chairman

Gauteng

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Lisa Basson

was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 52.0 kg Division

with a

Squat 105.0 kg

Bench Press 62.5 kg

Dead Lift 130.0 kg

TOTAL of **297.5 kg**

2007

Bronze

Incentive Badge

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Louise Steenkamp

was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 56.0 kg Division

with a

Squat 117.5 kg

Bench Press 55.0 kg

Dead Lift 145.0 kg

TOTAL of **317.5 kg**

2007

Bronze

Incentive Badge

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Marlon Daniels

was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 67.5 kg Division

with a

Squat 225.0 kg

Bench Press 160.0 kg

Dead Lift 227.5 kg

TOTAL of 612.5 kg

2007

Gold

Incentive Badge

Chairman

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Pat Botha

was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 125+ kg Division

with a

Squat 300.0 kg

Bench Press 150.0 kg

Dead Lift 275.0 kg

TOTAL of 725.0 kg

2007

Black

Incentive Badge

Chairman

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Zelt van Pletsen

was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 125+ kg Division

with a

Squat 250.0 kg

Bench Press 240.0 kg

Dead Lift 280.0 kg

TOTAL

of

770.0 kg

2007

Bronze

Incentive Badge

Chairman

Gauteng

Powerlifting Federation

