

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

Darryn Anthony

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 82.5 kg Division

with a



BENCH PRESS of 172.5 kg 2009

Gold

Incentive Badge

Clifford Hayim
Chairman

Gauteng

Powerlifting Federation

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AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

Gary Katzen

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 110.0 kg Division

with a



BENCH PRESS of 187.5 kg 2009

Silver

Incentive Badge

Clifford Hayim
Chairman

Gauteng

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Harry Shomalistos

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 67.5 kg Division

with a



BENCH PRESS of 165.0 kg 2009

Elite 3

Incentive Badge

Clifford Hayim
Chairman

Gauteng

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Henk De Wet

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 100.0 kg Division

with a



BENCH PRESS

of

177.5 kg

2009

Silver

Incentive Badge

Clifford Hayim
Chairman

Gauteng

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Ian Furman

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 125.0 kg Division

with a



BENCH PRESS of 255.0 kg 2009

Elite 4

Incentive Badge

Clifford Hayim
Chairman

Gauteng

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Jonathan Featherston

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 110.0 kg Division

with a



BENCH PRESS of 207.5 kg 2009

Elite 1

Incentive Badge

Clifford Hayim
Chairman

Gauteng

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Liliana Coleman

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 48.0 kg Division

with a



BENCH PRESS

of

60.0 kg

2009

Bronze

Incentive Badge

Clifford Hayim
Chairman

Gauteng

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Lisa Basson

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 56.0 kg Division

with a



BENCH PRESS

of

75.0 kg

2009

Silver

Incentive Badge

Clifford Hayim
Chairman

Gauteng

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Marlon Daniels

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 75.0 kg Division

with a



BENCH PRESS of 180.0 kg 2009

Elite 2

Incentive Badge

Clifford Hayim
Chairman

Gauteng

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Tshepo Kgame

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 67.5 kg Division

with a



BENCH PRESS of 145.0 kg 2009

Elite 1

Incentive Badge

Clifford Hayim
Chairman

Gauteng

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Nick Tatalias

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 110.0 kg Division

with a



BENCH PRESS

of

177.5 kg

2009

Bronze

Incentive Badge

Clifford Hayim
Chairman

Gauteng

Powerlifting Federation