

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

CLYDE KEEVY

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 110.0 kg Division

with a



BENCH PRESS of 172.5 kg 2010

Bronze

Incentive Badge

Clifford Hayim
Chairman

Gauteng

Powerlifting Federation

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POWERLIFTING FEDERATION**

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 185.0 kg 2010

Silver

Incentive Badge

Clifford Hayim
Chairman

Gauteng

Powerlifting Federation

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POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

IAN FURMAN

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 125.0 kg Division

with a



BENCH PRESS of 250.0 kg 2010

Elite 4

Incentive Badge

Clifford Hayim
Chairman

Gauteng

Powerlifting Federation

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JOSHUA CAPAZORIO

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 110.0 kg Division

with a



BENCH PRESS of 172.5 kg 2010

Bronze

Incentive Badge

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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 2010

Silver

Incentive Badge

Clifford Hayim
Chairman

Gauteng

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MARK PHILLIPS

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 100.0 kg Division

with a



BENCH PRESS of 175.0 kg 2010

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 195.0 kg 2010

Elite 4

Incentive Badge

Clifford Hayim
Chairman

Gauteng

Powerlifting Federation