

**Albert De Bondt**

**SOUTH AFRICAN  
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 83S kg Division

with a



**BENCH PRESS** of **150.0 kg** **2011**

**Bronze** Incentive Badge

*Clifford Hayim*  
Chairman

*Gauteng*

Powerlifting Federation

**Arno Lambrechts**

**SOUTH AFRICAN  
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 120+ kg Division

with a



**BENCH PRESS** of **215.0 kg** **2011**

*Elite 1*

Incentive Badge

*Clifford Hayim*  
Chairman

*Gauteng*

Powerlifting Federation

**Benedict Bucarizza**

**SOUTH AFRICAN  
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 120.0 kg Division

with a



**BENCH PRESS of 195.0 kg 2011**

*Silver*

Incentive Badge

*Clifford Hayim*  
Chairman

*Gauteng*

Powerlifting Federation

**Clayton Opperman**

**SOUTH AFRICAN  
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 93S kg Division

with a



**BENCH PRESS** of **180.0 kg** **2011**

*Gold*

Incentive Badge

*Clifford Hayim*  
Chairman

*Gauteng*

Powerlifting Federation

**Clyde Keevy**

**SOUTH AFRICAN  
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 105.0 kg Division

with a



**BENCH PRESS** of **170.0 kg** **2011**

*Bronze*

Incentive Badge

*Clifford Hayim*  
Chairman

*Gauteng*

Powerlifting Federation

**David Edwards**

**SOUTH AFRICAN  
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 105S kg Division

with a



**BENCH PRESS of 217.5 kg 2011**

*Elite 2* Incentive Badge

*Clifford Hayim*  
Chairman

*Gauteng*

Powerlifting Federation

**Etienne Potgieter**

**SOUTH AFRICAN  
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 93S kg Division

with a



**BENCH PRESS** of **215.0 kg** **2011**

*Elite 3* Incentive Badge

*Clifford Hayim*  
Chairman

*Gauteng*

Powerlifting Federation

**Frikkie Veldman**

**SOUTH AFRICAN  
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 93.0 kg Division

with a



**BENCH PRESS** of **180.0 kg** **2011**

*Gold*

Incentive Badge

*Clifford Hayim*  
Chairman

*Gauteng*

Powerlifting Federation



**Gary Katzen**

**SOUTH AFRICAN  
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 105M2 kg Division

with a



**BENCH PRESS** of **172.5 kg** **2011**

*Bronze*

Incentive Badge

*Clifford Hayim*  
Chairman

*Gauteng*

Powerlifting Federation

**Helgard Coertze**

**SOUTH AFRICAN  
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 120.0 kg Division

with a



**BENCH PRESS of 200.0 kg 2011**

*Gold*

Incentive Badge

*Clifford Hayim*  
Chairman

*Gauteng*

Powerlifting Federation

**Ian Furman**

**SOUTH AFRICAN  
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 120+ kg Division

with a



**BENCH PRESS** of **240.0 kg** **2011**

*Elite 3*

Incentive Badge

*Clifford Hayim*  
Chairman

*Gauteng*

Powerlifting Federation

**Johnny Hall**

**SOUTH AFRICAN  
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 93.0 kg Division

with a



**BENCH PRESS** of **170.0 kg** **2011**

*Silver*

Incentive Badge

*Clifford Hayim*  
Chairman

*Gauteng*

Powerlifting Federation

**Joshua Capazario**

**SOUTH AFRICAN  
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 120J kg Division

with a



**BENCH PRESS of 190.0 kg 2011**

*Silver*

Incentive Badge

*Clifford Hayim*  
Chairman

*Gauteng*

Powerlifting Federation

**Juan Booyse**

**SOUTH AFRICAN  
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 120.0 kg Division

with a



**BENCH PRESS** of **170.0 kg** **2011**

*Black*

Incentive Badge

*Clifford Hayim*  
Chairman

*Gauteng*

Powerlifting Federation

**Marcus Sapire**

**SOUTH AFRICAN  
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 83J kg Division

with a



**BENCH PRESS** of **147.5 kg** **2011**

*Bronze*

Incentive Badge

*Clifford Hayim*  
Chairman

*Gauteng*

Powerlifting Federation

**Mark Phillips**

**SOUTH AFRICAN  
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 105M1 kg Division

with a



**BENCH PRESS** of **170.0 kg** **2011**

*Bronze*

Incentive Badge

*Clifford Hayim*  
Chairman

*Gauteng*

Powerlifting Federation



**Marlon Daniels**

**SOUTH AFRICAN  
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 74.0 kg Division

with a



**BENCH PRESS** of **195.0 kg** **2011**

*Elite 4*

Incentive Badge

*Clifford Hayim*  
Chairman

*Gauteng*

Powerlifting Federation

**Martin Grobler**

**SOUTH AFRICAN  
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 105J kg Division

with a



**BENCH PRESS** of **200.0 kg** **2011**

*Elite 1* Incentive Badge

*Clifford Hayim*  
Chairman

*Gauteng*

Powerlifting Federation

**Mathew Cosmo**

**SOUTH AFRICAN  
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 120M1 kg Division

with a



**BENCH PRESS** of **250.0 kg** **2011**

*Elite 4* Incentive Badge

*Clifford Hayim*  
Chairman

*Gauteng*

Powerlifting Federation

**Pieter Fourie**

**SOUTH AFRICAN  
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 83J kg Division

with a



**BENCH PRESS** of **187.5 kg** **2011**

*Elite 2* Incentive Badge

*Clifford Hayim*  
Chairman

*Gauteng*

Powerlifting Federation

**Stuart Murchie**

**SOUTH AFRICAN  
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 66.0 kg Division

with a



**BENCH PRESS of 140.0 kg 2011**

*Gold*

Incentive Badge

*Clifford Hayim*  
Chairman

*Gauteng*

Powerlifting Federation

**Thabang Mpe**

**SOUTH AFRICAN  
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 74.0 kg Division

with a



**BENCH PRESS** of **152.5 kg** **2011**

*Gold*

Incentive Badge

*Clifford Hayim*  
Chairman

*Gauteng*

Powerlifting Federation

**Willy Johnstone - Robertson**

**SOUTH AFRICAN  
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 120+ kg Division

with a



**BENCH PRESS** of **210.0 kg** **2011**

*Gold*

Incentive Badge

*Clifford Hayim*  
Chairman

*Gauteng*

Powerlifting Federation